QUANTITY RECIPES FOR QUALITY FOODS

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QUANTITY RECIPES FOR QUALITY FOODS

for

SCHOOL CAFETERIAS
SCHOOL LUNCHES
HOSPITAL MENUS
CHURCH AND CLUB SUPPERS
CAMPS
EMERGENCY CANTEENS
RESTAURANTS AND HOTELS
TEA ROOMS

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EVAPORATED MILK ASSOCIATION
307 NORTH MICHIGAN AVENUE, CHICAGO, ILLINOIS

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By Evaporated Milk Association

Chicago, Illinois

Foreword

QUALITY OF FOOD is one of the tests of successful quantity cookery. To maintain a proper balance between quality and cost, however, is one of the greatest problems in quantity food production, whether it be in the non-profit or commercial type institution. Any ingredient which improves quality and at the same time lowers cost is certain to be adopted as a standard item of supply. That evaporated milk is such an item has been conclusively established by careful experiments and many years of practical experience in school, camp, hospital, cafeteria, hotel and restaurant kitchens.

M. Faith McAuley and Mary Adele Wood, in an institutional study conducted in the Home Economics Department at the University of Chicago, demonstrate clearly the value of evaporated milk in effecting economies in the preparation of wholesome and attractive foods in quantity. In a report of their experiments, "Economies in Food—Quantity Recipes Using Evaporated Milk,"[1] they write: "The necessity for reducing costs in food preparation has called attention to a number of food materials, such as, for example, evaporated milk and other concentrated milks.

"In the preparation of certain products where its consistency is an advantage, as, for example, in various sauces, evaporated milk is well suited for use as purchased. When brought back to its original consistency by the addition of an equal volume of water, it can

be used as 'fresh milk.' . . . Since its preparation involves only the removal of water, the relative proportion of the food elements remains the same. When used as cream, it contains less fat than cream. The concentrated form makes it easy, through use in the preparation of food, to incorporate in the diet the desired amount of milk.

"The cost of evaporated milk is less than that of market milk and usually about a third that of cream. Because of the lower cost, the non-perishable character, and certain physical characteristics, it finds a large use in the preparation of food in the institution kitchen. Especially in situations far from a milk supply, it is an important milk source and fills a special need. In many situations, in both city and country, refrigeration is inadequate or wholly lacking, and here a non-perishable form of milk is important. . . . The accompanying material has been worked out in an attempt to effect economies in institution food preparation—lessening the cost while still maintaining quality in the preparation of food for the institution group."

A study made under the direction of Mabelle Sperry Ehlers in the Department of Institution Management at Michigan State College illustrates further the advantages of using evaporated milk in quantity cookery. In this study a comparison was made between dishes prepared with evaporated milk and the same dishes prepared with market milk. The foods were judged on flavor, appearance, consistency or texture. It was found[2] that: "Evaporated milk produced cream soups which were superior in quality. . . . A smoothness and a velvety quality were characteristic of these soups and it was found impossible to duplicate these qualities with market milk. In practically all of the other dishes, there was either no detectable difference in quality when evaporated milk was used, or else the product was actually superior . . .

all recipes in which diluted evaporated milk was used produced a more economical product. . . . At the same time, the food value of the dish made with diluted evaporated milk was somewhat higher. . . ."

The recipes in this book have been selected for their popularity, wholesomeness, economy and ease of preparation from those developed at the University of Chicago, Michigan State College and in the experimental kitchen of the Evaporated Milk Association. They are presented in the hope that by their use menus designed for serving large groups of people may be made more interesting, attractive and good.

Appreciation is expressed to the authors, M. Faith McAuley and Mary Adele Wood, and to the University of Chicago Press for permission to print the following recipes from "Economies in Food—Quantity Recipes Using Evaporated Milk": Peanut-Butter Bread, Cocoanut Drop Cookies, Crumb Cookies, Grapefruit Sherbet, Pineapple Sherbet, Pineapple Orange Sponge, Rice Bavarian Cream, White Plum Pudding, Molded Chicken Loaf, Veal Birds, Pecan Pie, Deviled Cheese Salad, Lettuce with Hot Dressing and Salmon Bisque—and to Mabelle Sperry Ehlers and Michigan State College for permission to use: Orange Bread, Dumplings, Filled Cookies, Grapenuts Pudding, Rice and Peach Pudding, Scalloped Chipped Beef and Potatoes, Scalloped Ham and Cabbage, Ham en Panier, Cheese Fondue, Cream of Celery Soup and Creamed Asparagus.

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(1) "Economies in Food—Quantity Recipes Using Evaporated Milk." M. Faith McAuley and Mary Adele Wood. The University of Chicago Press, 1934.

(2) "New Facts on Quality Foods in Quantity." Mabelle Sperry Ehlers. PRACTICAL HOME ECONOMICS, September, 1933. "The Use of Evaporated Milk in Quantity Cookery." Florence J. Atwood and Mabelle S. Ehlers. JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION, November, 1933.

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Unsweetened Evaporated Milk
. . what it is and how to use it

EVAPORATED MILK is pure, whole, cow's milk, concentrated to double richness by evaporation of about 60% of the natural water. Nothing is added.

"No cream line, but cream throughout," is a fitting description of evaporated milk. This creamy consistency is due to the homogenization process through which the milk passes. Homogenization means a literal "grinding" of the milk which breaks up the fat globules into tiny particles—so small that they remain evenly distributed and do not rise to the top. Thus every drop is equally rich.

The concentrated, homogenized milk is filled into tins, hermetically sealed and sterilized by heating to a temperature of about 240° F. This sterilization makes it an absolutely safe milk supply in all climates and for all persons, infants and adults alike. In addition, the heat of sterilization modifies the milk protein so that evaporated milk is more readily digestible than the original milk.

Nutritive Value—Scientific research has shown that evaporated milk has the total nutritive effect of whole cow's milk. The concentrated milk contains at least 7.9% milk fat and 25.9% total milk solids. When mixed with an equal amount of water, evaporated milk is slightly richer than average whole milk.

Keeping Properties—Evaporated milk is sterile and will keep indefinitely without refrigeration until the can is opened. Then it must be kept cold and have the same care as any other milk.

Economy—Evaporated milk is an inexpensive form of whole milk. Extensive use of it for quantity food preparation is a distinct economy. Besides the regular "tall" size can (14½ ozs. by weight, 13 fluid ozs.), evaporated milk may be purchased in eight-pound cans, and this size is sometimes more convenient for institutional use.

For Infant Feeding, for Cooking, for Drinking—For whatever purpose milk is used, evaporated milk is unsurpassed. It contributes to food the important qualities—rich flavor, smooth creamy consistency or texture—that cream is called upon to produce.

Diluted with an equal volume of water, it can be used for drinking or wherever milk is called for. In making soups, gravies and creamed vegetables, evaporated milk may be diluted with vegetable liquids, meat broths or the water in which rice or potatoes have been cooked. This saves valuable minerals and vitamins which otherwise might be lost. Fruit juices may be used in diluting evaporated milk for cakes, puddings, frozen desserts or milk drinks.

Undiluted evaporated milk is doubly rich in whole milk nutrients and has a cream-like consistency. It may be used in the concentrated form in many recipes, thereby improving quality and at the same time incorporating extra milk in foods. Because of its creaminess, it is especially suitable for use on cereal, or in tea or coffee. The undiluted milk can be used in place of egg as the binding agent in meat and fish patties or croquettes, and as a coating for foods to be fried in deep fat. To glaze breads and rolls, and some cakes and cookies, brush the tops with undiluted evaporated milk before baking.

For Sour Milk or Sour Cream Cookery—Evaporated milk may be acidified with vinegar or lemon juice for use in sour milk or sour cream recipes. It is quickly prepared, convenient and dependable. For *sour milk,* add one tablespoon of vinegar or lemon juice to ½ cup of evaporated milk mixed with ½ cup of water. For *sour "cream,"* use one tablespoon of vinegar or lemon juice to a cup of undiluted evaporated milk. In baking, use one-half teaspoon of soda for every cup of soured milk or soured "cream."

Whipping Evaporated Milk—Evaporated milk whips readily if it is *thoroughly* chilled. It is an ideal ingredient for the preparation of whipped "cream" desserts, frozen foods, fruit whips, sauces and garnishes. Evaporated milk contains only about one-fifth of the amount of

fat in whipping cream but, instead, has a much greater content of the other milk solids. Thus foods prepared with whipped evaporated milk have a rich creamy quality and all the goodness of whole milk.

To whip evaporated milk, chill the undiluted milk to about 40° F. The milk can be chilled quickly by packing the unopened can in ice and salt, or pouring the milk into a bowl surrounded by ice and salt. The simplest method of chilling milk in an automatic refrigerator is to pour the milk into a freezing tray and let it chill just until fine ice crystals begin to form around the edges. Or, place the unopened can in one of the freezing compartments until it is thoroughly cold. In very cold weather, if refrigeration facilities are lacking, evaporated milk can be chilled by letting the can stand out of doors, or by packing the can in snow or ice if it is available.

When the milk is thoroughly chilled, pour it into a cold bowl and whip rapidly with a cold beater. Speed is as important for whipping milk as for cream or egg whites. If the milk fails to whip, it is not cold enough. The milk may be chilled again and then rewhipped, for it will not turn to butter no matter how long it is whipped nor how many times it is rewhipped. When whipped, evaporated milk increases in volume about three times. Lemon juice may be added for more "permanent" stiffness when lemon flavor is suitable to the food with which the whipped milk is to be combined.

Equivalent Measures

16 tablespoons	=	1 cup
1 cup	=	8 liquid ounces
2 cups	=	1 pint
2 pints	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck

Equivalents of Food Measures

Apples	1 pound	3½ cups, diced (3 to 5)
Apricots, dried	1 pound	3 cups
Asparagus	1 pound	2 cups, diced, cooked (16 to 20 stalks)
Bacon	1 pound	24 to 28 slices
Baking powder	1 ounce	2⅔ tablespoons
Bananas	1 pound	2½ cups, diced (3 to 4)
Beans, green	1 pound	3 cups, cooked
Beets	1 pound	2 cups, cooked, diced (4 to 6)
Brussels sprouts	1 pound	1 quart
Butter, other fats or oils	1 pound	2 cups
Cabbage	1 pound	2½ cups, cooked, chopped
Carrots	1 pound	2 cups, cooked, diced (5 to 8) (3 cups, raw, diced)
Cauliflower	1 pound	1 medium head
Celery	1 pound	3⅔ cups, diced (2 medium bunches)
Cheese, Cheddar	1 pound	4 cups, grated
Cheese, cottage	1 pound	2¼ cups
Chicken	5 pounds	4½ cups, cooked, diced
Chocolate	1 ounce	1 square
Cocoa	1 pound	4 cups
Corn meal	1 pound	3¼ cups
Cornstarch	1 ounce	3⅓ tablespoons
Cranberries	1 pound	4 cups
Crumbs, bread (dry)	1 pound	5⅓ cups
Crumbs, bread (soft)	1 pound	8 cups
Dates, pitted	1 pound	2 cups
Eggs, whites	1 pound	2 cups (14 to 16)
Eggs, whole	1 pound	2 cups (8 to 10)

Eggs, yolks	1 pound	2 cups (24 to 26)
Evaporated milk	6 oz. can	⅔ cup
Evaporated milk	14½ oz. can	1⅔ cups
Evaporated milk	8 pound can	15 cups
Figs, dried	1 pound	3 cups
Flour, sifted	1 pound	4 cups
Flour, cake, sifted	14 ounces	4 cups
Flour, whole wheat	1 pound	3 cups
Gelatin	1 ounce	4 tablespoons
Grapes, seedless	1 pound	2 cups
Honey, strained	1 pound	1⅔ cups
Lemon juice	1 cup	4 to 6 lemons
Macaroni	1 pound	4½ cups, uncooked (3 quarts, cooked)
Meat, chopped	1 pound	2 cups, packed
Meat	1 pound	2 cups, cooked, diced
Molasses	1 pound	1⅓ cups
Onions	1 pound	2 cups, diced (4 to 8)
Oranges	2 to 4	1 cup juice
Parsnips	1 pound	2½ cups, cooked
Peaches, fresh	1 pound	3 to 5
Peaches, dried	1 pound	2½ cups
Peas, fresh	1 pound	1 cup, shelled
Pineapple, fresh	1 pound	1½ cups, diced
Potatoes	1 pound	2 cups, diced, raw (3 to 4)
Potatoes	15 pounds	1 peck
Prunes, dried	1 pound	2½ cups, raw (2½ cups, pulp)
Raisins	1 pound	3 cups
Rice	1 pound	2 quarts, cooked (2 cups, raw)
Salt	1 ounce	2 tablespoons
Soda	1 ounce	2⅓ tablespoons
Spinach	1 pound	1½ cups, cooked
Strawberries	1 quart	2½ cups, mashed
Sugar, brown	1 pound	3 cups
Sugar, granulated	1 pound	2 cups
Sugar, confectioners	1 pound	3 cups
Tapioca, pearl	1 pound	3 cups
Tapioca, instant	1 pound	2½ cups
Tomatoes	1 pound	3 to 5

Beverages

A LIBERAL SUPPLY of good whole milk contributes to the well-being of every man, woman and child. Evaporated milk mixed with an equal amount of water is a good whole milk for drinking. Because of its characteristic creaminess, it is a splendid base for milk drinks. In coffee or tea, use evaporated milk just as it pours from the can.

Cocoa

56 ONE-CUP SERVINGS

2 cups cocoa (½ pound)
2 cups sugar (1 pound)
½ teaspoon salt
2 gallons boiling water
1½ gallons evaporated milk

Mix cocoa, sugar and salt until blended. Add 2 quarts of the boiling water gradually, stirring until well blended. Cook over low heat 10 minutes, stirring occasionally. Add remaining 1½ gallons boiling water and continue cooking 5 minutes. When ready to serve, add the evaporated milk, which has been scalded. One tablespoon vanilla may be added.

Mocha: Combine 2 parts of hot Cocoa with 1 part of strong, hot coffee.

Coffee

100 SERVINGS

6 gallons boiling water
3 pounds coffee (3¾ quarts)

Add coffee to water and bring to boiling point. Coffee can be improved by mixing 2 eggs and 2 cups cold water with coffee and tying in a cheesecloth bag. Place bag in water and bring to boil. Remove bag and serve.

Boston Coffee

100 SERVINGS

Use ½ the recipe for coffee. Scald 1½ gallons evaporated milk, mixed with 1½ gallons water. Half fill cups with the scalded, diluted milk and fill with hot coffee.

Tea

100 SERVINGS

6 gallons boiling water
5 ounces tea (1 pint)

Place tea in loose bag. Add to boiling water. Cover and allow to steep 3 minutes. Remove bag and serve.

Banana Milk Shake

50 Two-third Cup Servings

25 ripe bananas
3 quarts evaporated milk
3¼ quarts water
¼ teaspoon salt

Force bananas through a sieve, or mash. Add other ingredients and mix well.

Chocolate Milk Shake

2¼ Gallons—50 Servings

To 1 quart Cocoa Syrup add 1 gallon cold water and 1 gallon cold evaporated milk.

Cocoa Syrup

3 Quarts

3 cups cocoa (¾ pound)
3 cups sugar (1½ pounds)
½ teaspoon salt
3 quarts boiling water

Mix cocoa, sugar and salt thoroughly. Add hot water slowly, stirring constantly. Bring to a boil and boil 5 minutes. Store in a covered jar in a cool place.

Egg Nog

50 Two-third Cup Servings

2 dozen eggs
1½ teaspoons salt
1½ cups sugar (¾ pound)
3¾ quarts evaporated milk
3¾ quarts water
Nutmeg

Beat egg yolks until thick and lemon colored. Add salt and sugar and stir until well dissolved. Add milk and water. Fold in the stiffly beaten egg whites. Pour into glasses and sprinkle with nutmeg.

Grapefruit Nog

50 Two-third Cup Servings

3 quarts evaporated milk
1 quart water
2 cups sugar (1 pound)
1 gallon grapefruit juice

All ingredients should be cold. Mix milk, water and sugar. Stir in the grapefruit juice slowly. Canned or fresh juice may be used.

Molasses Milk Drink

50 Two-third Cup Servings

1 gallon evaporated milk
1 gallon water
1½ cups molasses

Milk and water should be cold. Mix together and stir in the molasses. A dash of nutmeg may be sprinkled on each serving if desired.

Orange Nog

48 Two-third Cup Servings

2 quarts evaporated milk
2 quarts water
1 gallon orange juice
1½ cups sugar (¾ pound)

Milk, water and fruit juice should be cold. Measure milk, water and sugar into large mixing bowl. Stir to dissolve sugar, then add fruit juice slowly. Stir well.

Prune Milk Drink

48 Two-third Cup Servings

2 quarts evaporated milk
2 quarts water
1 gallon prune juice

Combine all ingredients and stir until thoroughly blended. The juice from stewed prunes, or canned prune juice may be used.

Spiced Milk

50 Two-third Cup Servings

2 teaspoons cinnamon
¼ teaspoon nutmeg
1 pint water
¼ teaspoon salt
1 gallon water
1 gallon evaporated milk

Soak spices in the 1 pint water overnight. Strain and add salt, the 1 gallon water and the milk. One and one-half cups sugar may be added if desired.

Tomato Milk Drink

48 Two-third Cup Servings

2 quarts evaporated milk
2 quarts water
1 gallon tomato juice
½ teaspoon salt

Combine all ingredients and stir until thoroughly blended. Canned tomatoes pressed through a sieve may be used.

Grape Shake

50 Two-third Cup Servings

2½ quarts evaporated milk and
2¼ quarts water, mixed
3½ quarts grape juice
⅓ cup lemon juice

Pour juices into diluted milk. Beat vigorously. Chill. If unsweetened grape juice is used, add ½ cup sugar.

Honey Egg Nog

54 Two-third Cup Servings

28 eggs
3¾ quarts evaporated milk
3¾ quarts water
3 cups honey

Beat eggs in a large bowl. Add remaining ingredients and beat vigorously with a rotary beater or wire whisk. Serve cold.

Breads

BREAD is an integral part of the meal and contributes substantially to the need for cereals in the diet. Milk improves the nutritive value of bread. If evaporated milk is used, breads have a rich flavor and color, and brown well. To glaze breads and rolls, brush them with undiluted evaporated milk before baking.

Biscuits

18 DOZEN ONE AND ONE-HALF INCH BISCUITS

3 quarts flour (3 pounds)
½ cup baking powder (3 ounces)
1 tablespoon salt (½ ounce)
2 cups shortening (1 pound)
2 cups evaporated milk and
2 cups water, mixed

Sift flour, then measure. Resift with other dry ingredients twice. Blend shortening with dry ingredients until mixture has appearance of coarse corn meal. Add diluted milk. Mix lightly and quickly. Knead just enough to give a smooth surface. Roll dough to ½ inch thickness. Cut and place on ungreased baking sheets. Bake in a hot oven (450° F.) until brown, about 12 minutes.

Drop Biscuits: Increase the milk to 2¾ cups and water to 2¾ cups. Drop by tablespoonfuls on greased pan.

Cheese Biscuits: Add 1½ cups grated cheese, working it in with the shortening.

Sour Milk Biscuits: Add ¼ cup vinegar to the diluted milk. Omit baking powder and use 2 teaspoons soda.

Shortcake: Increase shortening to 3 cups (1½ pounds). Cut dough with large biscuit cutter. Place half of the biscuits on greased baking sheets, brush with melted butter and cap with remaining biscuits. When baked, lift off caps, pour on melted butter, then fruit. Replace caps and add more fruit. One gallon sweetened crushed berries or peaches is required for this amount.

Fruit Cobbler: Roll Shortcake Dough to ½ inch thickness and lay over the top of sweetened fruit. Bake in a hot oven (425° F.) until brown.

French Toast

50 SERVINGS

2 dozen eggs
2 tablespoons salt (1 ounce)
1½ cups sugar (¾ pound)
2¼ quarts evaporated milk
2¼ quarts water
100 slices bread

Beat eggs, add salt, sugar, milk and water. Soak both sides of bread in the mixture. Lift carefully to hot, well greased griddle. Brown on both sides. Sprinkle lightly with sugar and serve at once, plain, or with syrup or jelly. French Toast is delicious if butter is used for frying.

White Bread

6 One and One-half Pound Loaves

2 cakes compressed yeast
½ cup lukewarm water
¼ cup shortening (2 ounces)
2⅔ tablespoons salt (1⅓ ounces)
¼ cup sugar (2 ounces)
3½ cups boiling water
1 quart evaporated milk
6 quarts flour (6 pounds)

Dissolve yeast in the ½ cup lukewarm water. Measure shortening, salt and sugar into bowl and add boiling water. Add milk and when mixture is lukewarm, add the yeast. Sift flour, then measure. Add about half the flour and beat very thoroughly. Add remaining flour to make a stiff dough. Knead until smooth and elastic. Put into a greased bowl and cover. Let rise until doubled in bulk, about 2 hours. Knead again. Shape into loaves, and place in greased bread pans. Let rise again until doubled in bulk. Bake in a hot oven (400° F.) 45 minutes.

Boston Brown Bread

9 One-pound Loaves

3 cups graham flour (13½ ounces)
3 cups rye flour (10½ ounces)
3 cups corn meal (15 ounces)
4½ teaspoons soda (⅔ ounce)
4½ teaspoons salt (¾ ounce)
4½ tablespoons vinegar
3 cups evaporated milk
3 cups water
2¼ cups molasses
3 cups raisins (1 pound), floured

Sift together the dry ingredients. Add the bran remaining in the sifter to dry ingredients. Combine vinegar, milk, water and molasses. Make a well in the dry ingredients, pour in the liquid and mix as quickly as possible. Add raisins the last few stirs. Fill greased molds, or pound baking powder cans, ⅔ full. Cover closely and steam 3 hours.

Griddle Cakes

100 Three-inch Cakes

1¼ quarts flour (1¼ pounds)
3 tablespoons plus 1 teaspoon baking powder (1¼ ounces)
2½ teaspoons salt
3 tablespoons sugar
1¼ cups shortening (10 ounces)
1¼ cups boiling water
5 eggs
3¾ cups evaporated milk

Sift flour, then measure. Resift with other dry ingredients twice. Melt shortening in boiling water. Add milk and beaten eggs. Combine liquid quickly with dry ingredients. Pour batter from a pitcher onto a hot griddle. Bake slowly until golden brown on both sides.

Sour Milk Griddle Cakes: Combine 5 tablespoons vinegar with the milk. Omit baking powder and add 2½ teaspoons soda.

Rolls

18 Dozen Rolls

2 cups sugar (1 pound)
¼ cup salt (2 ounces)
2 cups shortening (1 pound)
3 quarts boiling water
1 quart evaporated milk
4 ounces compressed yeast
13 to 14 quarts flour (13 to 14 pounds)

Measure sugar, salt and shortening into mixing bowl. Add water and stir until shortening is melted and sugar dissolved. Add milk. When lukewarm, add yeast that has been softened in 1 cup lukewarm water. Add half the flour. Beat well, then add remaining flour. Knead until smooth and elastic. Cover and let rise in a greased bowl in warm place until a little more than doubled in bulk, about 2 hours. Punch dough down. Allow about 15 minutes to rise, then shape and place on greased baking sheets. Let rise again until doubled in bulk, about 1 hour. Bake in a hot oven (425° F.). Brush tops with melted butter.

Sweet Rolls: Increase the sugar and shortening each to 1 quart (2 pounds). Butterflies, neckties, twists, cinnamon rolls, scrolls, and snails may be made from this dough. Yield: 21 dozen rolls.

Butterscotch Rolls: After second rising, roll dough to ¼ inch thickness. Brush with melted butter, sprinkle with brown sugar and raisins or chopped nuts. Roll as for jelly roll. Cut slices about 1 inch thick and place in pan that has been spread with a mixture of brown sugar and melted butter. About 2½ quarts brown sugar and 1 pound butter will be required. Cover and let rise until doubled in bulk. Bake in a moderate oven (375° F.) about 25 minutes. Remove from pan as soon as baked.

Muffins

50 Medium-sized Muffins

3 quarts flour (3 pounds)
½ cup baking powder (3 ounces)
¾ cup sugar (6 ounces)
1½ teaspoons salt
5 eggs
2¼ cups evaporated milk
2¼ cups water
¾ cup shortening (6 ounces)

Sift flour, then measure. Resift with other dry ingredients into mixing bowl. Beat eggs, add milk, water and melted shortening. Stir liquid quickly into dry ingredients. If speed is used in stirring, a fine textured muffin will result. Pour batter into greased muffin pans. Bake in a hot oven (425° F.) until brown, 15 to 25 minutes.

Corn Meal Muffins: Use only 2¼ quarts (2¼ pounds) flour, and add 3 cups (15 ounces) corn meal.

Graham Muffins: Use 1½ quarts (1 pound, 11 ounces) graham flour and 1½ quarts (1½ pounds) flour in place of 3 quarts (3 pounds) flour. One-half pound raisins or dates and ¼ cup (2 ounces) more sugar may be added for variation.

Sour Milk Muffins: Add ¼ cup vinegar to liquid ingredients. Reduce baking powder to 2 tablespoons (¾ ounce) and add 2 teaspoons soda to dry ingredients.

Corn Bread

72 Pieces 2½"x 2½"x ¾"

- 2 quarts corn meal (2½ pounds)
- 4 teaspoons soda
- 2 tablespoons salt (1 ounce)
- 4 eggs
- 1 quart evaporated milk
- 1 quart water
- ½ cup vinegar
- ¾ cup bacon fat or other shortening

Press dry ingredients through a coarse sieve. Combine milk, water and vinegar and add to beaten eggs. Stir liquid quickly into dry ingredients. Add melted fat. Pour in a thin layer into well greased baking pans. Bake in a hot oven (425° F.) about 20 minutes.

Orange Bread†

14 One-pound Loaves

- 2 quarts chopped orange rind
- 6 quarts flour (6 pounds)
- 6 tablespoons baking powder (2¼ ounces)
- 2 teaspoons salt (⅓ ounce)
- 2 quarts sugar (4 pounds)
- 16 eggs
- 1 quart evaporated milk
- 1 quart orange juice
- ½ cup butter (¼ pound)

Cook orange rind in 2½ cups water and 1 cup sugar (½ pound). Sift flour, then measure Resift with baking powder, salt and the 2 quarts sugar. Beat eggs, add milk, orange juice and rind. Combine with dry ingredients. Add melted butter. Pour into greased bread pans and bake in a moderate oven (350° F.) until brown, about 50 minutes.

Spoon Bread

50 Servings

- 2 quarts corn meal (2½ pounds)
- 2 quarts boiling water
- 2 tablespoons salt (1 ounce)
- 8 teaspoons baking powder (1 ounce)
- 8 eggs
- 3½ cups evaporated milk
- 3½ cups water
- ¾ cup shortening (6 ounces)

Stir boiling water slowly into corn meal. Let stand until cool. Mix salt and baking powder with beaten egg yolks. Add milk and water. Stir into corn meal. Beat vigorously. Add melted shortening. Fold in beaten egg whites. Bake in well greased deep baking dishes, or pans, in a moderate oven (350° F.) 40 to 50 minutes.

Dumplings†

100 Dumplings

- 5⅓ quarts flour (5⅓ pounds)
- 3 tablespoons salt (1½ ounces)
- ⅞ cup baking powder (5¼ ounces)
- ½ cup shortening (¼ pound)
- 1 quart water
- 1 quart milk

Sift flour, then measure. Resift with salt and baking powder. Add melted shortening to water and milk and stir into dry ingredients. Drop into boiling stock and cook uncovered for 12 minutes.

†Mabelle S. Ehlers and Florence J. Atwood, Department of Institution Management, Michigan State College.

Oatmeal Bread

4 One and One-half Pound Loaves

1 quart oatmeal, uncooked (¾ pound)
2 cups boiling water
1 cup molasses
2 cups evaporated milk
2 teaspoons salt
2 tablespoons shortening (1 ounce)
2 cakes compressed yeast, or 1 cake dry§ dissolved in 1 cup lukewarm water
2½ quarts flour (2½ pounds)

Add boiling water to oatmeal and let stand 1 hour. Beat in the molasses, milk, salt, shortening, dissolved yeast and flour. Cover and let rise in a greased bowl until doubled in bulk. Knead well. Shape into loaves and put into greased bread pans. Let rise again until doubled in bulk. Bake in a hot oven (425° F.) 15 minutes, then in a moderate oven (375° F.) 45 minutes longer.

§If dry yeast is used, prepare this dough at night. Let rise in a medium warm place over night, and until doubled in bulk in the morning. From this point proceed as above.

Waffles

50 Waffles

13½ cups flour (3⅜ pounds)
1 tablespoon salt (½ ounce)
6 tablespoons baking powder (2¼ ounces)
6 tablespoons sugar (3 ounces)
1½ quarts evaporated milk
1½ quarts water
3 cups butter (1½ pounds)
1 dozen eggs

Sift flour, then measure. Resift with salt, baking powder and sugar. Add milk, water and melted butter to beaten egg yolks. Stir liquid quickly into dry ingredients until the flour just disappears. Fold in stiffly beaten egg whites lightly, but thoroughly. Pour batter into a pitcher so that it will be easy to pour on hot waffle iron. Bake to a golden brown. This recipe makes crisp waffles.

Peanut-Butter Bread*

6 Two and One-half Pound Loaves

4½ quarts cake flour (4 pounds)
6⅔ tablespoons baking powder (2½ ounces)
2 tablespoons salt (1 ounce)
1 quart sugar (2 pounds)
1 quart, 6 tablespoons peanut butter (2½ pounds)
1½ cups shortening (¾ pound)
1 quart evaporated milk
1 quart water
16 eggs

Sift flour, then measure. Resift with baking powder, salt and sugar. Combine peanut butter and shortening and add to the dry ingredients, working in with the finger tips until fine. Mix milk, water and slightly beaten eggs. Make a well in center of dry ingredients and pour in the liquid mixture. Combine quickly. Pour into greased bread pans. Bake in a slow oven (325° F.) 1 hour and 15 minutes.

*"Economics in Food—Quantity Recipes Using Evaporated Milk." M. Faith McAuley and Mary Adele Wood. The University of Chicago Press, 1934.

Cakes and Cookies

EVAPORATED MILK has special advantages in baking cakes or cookies. Its creamy consistency often makes possible the use of fewer eggs or less shortening. In many recipes fruit juices can be used to dilute evaporated milk. Occasionally evaporated milk can be used undiluted in cake or cooky recipes, whereby double the usual amount of milk nourishment is incorporated. For use in sour milk or sour cream recipes, evaporated milk can be acidified quickly and easily with vinegar or lemon juice. Cakes made with evaporated milk are tender and light, fine textured, rich in flavor and retain a fresh moistness. Cookies are crisp and rich and brown exceedingly well.

Chocolate Cake

8 EIGHT-INCH LAYERS

1½ quarts flour (1½ pounds)
1⅔ tablespoons baking powder
1¾ teaspoons soda
¾ teaspoon salt
1⅓ cups shortening (9 ounces)
2 teaspoons vanilla
1 quart sugar (2 pounds)
1½ cups eggs
½ pound bitter chocolate
1¼ cups evaporated milk and 1¼ cups water, mixed

Sift flour, then measure. Resift with baking powder, soda and salt. Cream shortening and vanilla thoroughly. Add sugar gradually and continue creaming until light and fluffy. Beat in the eggs. Add chocolate that has been melted over hot water. Add dry ingredients and diluted milk alternately, beginning and ending with dry ingredients. Pour into greased layer cake pans and bake in a moderate oven (375° F.) about 25 minutes.

Gingerbread

3 LAYERS NINE INCHES SQUARE

1½ cups evaporated milk
1½ tablespoons vinegar
1½ quarts flour (1½ pounds)
1½ teaspoons soda
1½ teaspoons ginger
1½ teaspoons cinnamon
1½ teaspoons baking powder
¾ teaspoon cloves
¾ teaspoon salt
1½ cups sugar (¾ pound)
2¼ cups molasses
6 eggs
1½ cups soft shortening (¾ pound)

Mix evaporated milk and vinegar. Sift flour, then measure. Resift into mixing bowl with other dry ingredients. Add molasses to the soured milk. Stir into dry ingredients. Add eggs, one at a time, and beat thoroughly, then add the shortening. Pour into well greased layer cake pans. Bake in a moderate oven (375° F.) 25 to 30 minutes.

Date Cake

2 Nine-inch Tube Cakes

2 cups evaporated milk
2 tablespoons vinegar
3½ cups flour (14 ounces)
2 teaspoons soda
2 teaspoons cinnamon
1 teaspoon cloves
¼ teaspoon salt
1 cup shortening (½ pound)
2 cups sugar (1 pound)
2 eggs
2 pounds pitted dates (1 quart)
2 cups nuts (½ pound)

Mix evaporated milk and vinegar. Sift flour, then measure. Resift with other dry ingredients. Cream shortening. Add sugar and continue creaming until light and fluffy. Beat in the eggs. Add dry ingredients alternately with the soured milk, beginning and ending with flour. Add sliced dates and chopped nuts with last few stirs. Pour into 2 greased tube or loaf pans. Bake in a moderate oven (350° F.) about 1 hour.

Plain Cake

12 Eight-inch Layers or 9 Nine-inch Layers or 12 Dozen Cup Cakes

10⅔ cups flour
(2 pounds, 10⅔ ounces)
5 tablespoons plus 1 teaspoon baking powder
(2 ounces)
2 teaspoons salt
2 cups shortening (1 pound)
1 tablespoon vanilla
1½ quarts sugar
(3 pounds)
8 eggs
1 pint evaporated milk and
1 pint water, mixed

Sift flour, then measure. Resift with baking powder and salt. Cream shortening and vanilla thoroughly. Add sugar and continue creaming until light and fluffy. Beat in the eggs. Add dry ingredients alternately with diluted milk, beginning and ending with dry ingredients. Pour into greased layer cake or muffin pans. Bake in a moderate oven (375° F.) about 25 minutes.

Orange or Pineapple Cup Cakes: Use orange or pineapple juice in place of the water. No soda is necessary. Omit vanilla and use grated orange rind.

Spice Cake

8 Eight-inch Layers

6¼ cups flour
(1 pound, 9 ounces)
3⅛ tablespoons baking powder
(1¼ ounces)
1 teaspoon salt
1¾ cups shortening
(14 ounces)
3¼ cups sugar
(1 pound, 10 ounces)
8 eggs
2¼ tablespoons mixed spices soaked in
2 tablespoons boiling water
1¼ cups evaporated milk and
1¼ cups water, mixed

Sift flour, then measure. Resift with baking powder and salt. Cream shortening thoroughly. Add sugar and continue creaming until light and fluffy. Beat in the eggs, then the spices. Add dry ingredients and diluted milk alternately, beginning and ending with dry ingredients. Pour into greased layer cake pans. Bake in a moderate oven (375° F.) about 25 minutes.

Butterscotch Cookies

10 Dozen, Two and One-half Inches in Diameter

3½ cups flour (14 ounces)
1 teaspoon cream of tartar
1 teaspoon soda
¾ cup shortening (6 ounces)
1 teaspoon vanilla
2 cups brown sugar (about 11 ounces)
1 egg
3 tablespoons evaporated milk
1 cup nuts, chopped
1 cup dates, chopped

Sift flour, then measure. Resift with cream of tartar and soda. Cream shortening with vanilla. Add sugar and continue creaming until free from sugar granules. Add egg and milk. Add flour mixture and stir until flour just disappears. Add nuts and dates. Form into rolls. Chill thoroughly, then slice very thin with a sharp knife. Place on greased baking sheets and bake in a hot oven (400° F.) until delicately brown, about 10 minutes.

Coconut Drop Cookies*

6 Dozen, Two Inches in Diameter

½ cup butter (¼ pound)
1 cup sugar (½ pound)
3 cups flour (¾ pound)
2⅔ tablespoons baking powder (1 ounce)
¼ teaspoon salt
2 eggs, slightly beaten
1 teaspoon lemon juice
1 cup evaporated milk
1¼ quarts shredded coconut (10 ounces)

Cream butter thoroughly. Add sugar and continue creaming until light and fluffy. Sift flour, then measure. Resift with baking powder and salt. Combine eggs, lemon juice and milk and add alternately with the dry ingredients to the creamed butter and sugar, beginning and ending with dry ingredients. Add coconut. Drop by spoonfuls on greased baking sheets. Sprinkle coconut on top. Bake in a moderate oven (350° F.) about 20 minutes.

Crumb Cookies*

4½ Dozen, Two Inches in Diameter

¼ cup shortening (2 ounces)
6 tablespoons sugar (3 ounces)
2½ cups flour (10 ounces)
¼ teaspoon salt
2 teaspoons soda
2 teaspoons cinnamon
½ teaspoon ginger
½ teaspoon allspice
¼ teaspoon cloves
2⅔ cups dry bread crumbs (8 ounces)
½ cup molasses
½ cup evaporated milk

Cream shortening. Add sugar and continue creaming until light and fluffy. Sift flour, then measure. Resift with salt, soda and spices, then add the bread crumbs. Combine molasses and milk, and add alternately with the dry ingredients to the creamed shortening and sugar, beginning and ending with dry ingredients. Roll out on slightly floured board. Cut with cooky cutter. Place cookies on a greased baking sheet and bake in a slow oven (300° F.) 15 minutes.

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Doughnuts

6 Dozen Doughnuts

1 cup evaporated milk
1 cup water
2 tablespoons vinegar or lemon juice
6 tablespoons shortening (3 ounces)
2 cups sugar (1 pound)
4 eggs, beaten
8½ cups flour (2 pounds, 2 ounces)
¼ teaspoon salt
1 teaspoon nutmeg
2 teaspoons baking powder
1 teaspoon soda

Combine milk, water and vinegar. Cream shortening, add sugar and continue creaming until light and fluffy. Add beaten eggs and mix thoroughly. Sift flour, then measure. Resift with remaining dry ingredients, and add alternately to shortening-sugar mixture with the soured milk. Roll dough to ⅜ inch thickness, cut with doughnut cutter and fry in deep, hot fat (365° F.). Drain on unglazed paper and roll in confectioners or granulated sugar.

Filled Cookies†

250 Cookies

1¼ quarts butter (2½ pounds)
1⅔ tablespoons vanilla
1¼ quarts sugar (2½ pounds)
5 eggs
3¾ quarts flour (3¾ pounds)
⅓ cup baking powder (2 ounces)
1 pint evaporated milk and 1 cup water, mixed
Fig jam or other filling

Cream butter with vanilla. Add sugar and continue creaming until light and fluffy. Add eggs Sift flour, then measure. Resift with baking powder. Add flour alternately with the diluted milk to the creamed butter and sugar mixture, beginning and ending with flour. Chill dough, then roll out and cut. Spread half of each cooky with ½ teaspoon jam. Fold over other half and press edges together. Place on greased baking sheets and bake in a moderate oven (350° F.) 8 to 10 minutes.

Peanut Cookies

6 Dozen Cookies

½ cup shortening (¼ pound)
1 cup sugar (½ pound)
2 eggs
½ cup evaporated milk
2 teaspoons lemon juice
2 cups flour (½ pound)
1 tablespoon baking powder
1 teaspoon salt
3 cups finely ground peanuts

Cream shortening. Add sugar and continue creaming until light and fluffy. Beat in the eggs, then add milk and lemon juice. Sift flour, then measure. Resift with baking powder and salt into first mixture. Stir in peanuts. Drop from a spoon onto slightly greased baking sheets. Flour palm of hand lightly and press cookies out flat. Bake in a moderate oven (375° F.) about 10 minutes.

Peanut Butter Cookies: Use 1 cup peanut butter in place of 3 cups ground peanuts. Increase sugar to 1⅓ cups.

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Ginger Cookies

10 Dozen Cookies

2 cups shortening (1 pound)
2 cups sugar (1 pound)
2 eggs
1 cup molasses
1½ tablespoons vinegar
1½ cups evaporated milk
1½ quarts flour (1½ pounds)
4 teaspoons soda
2 teaspoons salt
2 teaspoons ginger
2 teaspoons cinnamon

Cream shortening and sugar thoroughly. Add egg and molasses. Beat well. Add vinegar to evaporated milk, then pour into first mixture. Blend well. Sift flour, then measure. Resift with other dry ingredients into first mixture. Drop from teaspoon onto greased baking sheets. Bake in a moderate oven (375° F.) about 15 minutes.

Oatmeal Cookies

6 Dozen Cookies

3 cups flour (¾ pound)
1 teaspoon soda
1 teaspoon salt
1½ teaspoons cinnamon
½ teaspoon cloves
1 teaspoon allspice
3⅓ cups rolled oats (10 ounces)
1 cup shortening (½ pound)
2 cups sugar (1 pound)
2 eggs
½ cup evaporated milk
½ cup water
1 cup raisins
1 cup chopped nuts

Sift flour, then measure. Resift with soda, salt and spices. Add rolled oats. Cream the shortening. Add sugar gradually and continue creaming until light and fluffy. Beat in the eggs. Combine milk with water and add alternately with dry ingredients to first mixture, beginning and ending with dry ingredients. Add raisins and nuts with last few stirs. Drop from a teaspoon onto greased baking sheets. Bake in a moderate oven (375° F.) until delicately brown, about 12 minutes.

Whole Wheat Cereal Cookies

7 Dozen, 1¾ Inches in Diameter

⅔ cup shortening
1 cup sugar (½ pound)
2 eggs, well beaten
1 pint cold cooked whole wheat cereal (see page 26)
2½ cups flour (10 ounces)
1 teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon allspice or cloves
1 teaspoon baking powder
1 teaspoon soda
1 pint raisins

Cream shortening. Add sugar gradually and continue creaming until free from sugar granules. Add beaten eggs, then the cooked cereal. Sift flour, then measure. Resift with salt, spices, baking powder and soda. Add to the first mixture. Add raisins with last few stirs. Drop from a teaspoon onto a greased baking sheet. Bake in a hot oven (400° F.) about 15 minutes.

Frostings

FROSTING made with evaporated milk has a fine even grain, spreads easily, hardens to a shining glossiness and yet retains its moisture so that it does not crack.

Caramel Fudge Frosting

SUFFICIENT FOR 8 EIGHT-INCH LAYERS

1⅓ cups sugar (10⅔ ounces)
1⅓ cups hot water
1¼ quarts sugar (2½ pounds)
1 teaspoon salt
1 cup water
¼ cup butter (2 ounces)
2 cups evaporated milk
1⅓ tablespoons vanilla

Boil 1⅓ cups sugar and 1⅓ cups water until syrup is thick and a delicate amber color. Add rest of sugar and salt and stir to blend. Add 1 cup water and cook until caramel is dissolved. Add butter, then the milk gradually so that mixture does not stop boiling at any time. With constant stirring, cook rapidly to the soft ball stage (235° F.). Cool. Add vanilla. Stir vigorously until icing crystallizes and becomes stiff. If mixture becomes too stiff, knead like fondant until plastic. Add just enough evaporated milk to make frosting soft enough to spread.

Chocolate Frosting

SUFFICIENT FOR 8 EIGHT-INCH LAYERS

6 squares bitter chocolate (6 ounces)
¾ teaspoon salt
1 tablespoon vanilla
1 cup evaporated milk
3 pounds confectioners sugar (2¼ quarts)

Melt chocolate over hot water. Add salt, vanilla and milk. Sift in sugar, about a cupful at a time, stirring to blend well.

Coffee Frosting

SUFFICIENT FOR 8 EIGHT-INCH LAYERS

¾ cup evaporated milk
¼ cup strong coffee
2½ pounds confectioners sugar (7½ cups)

Combine milk and coffee. Add sugar until of consistency to spread.

Orange Frosting

SUFFICIENT FOR TOPS ONLY OF 9 DOZEN CUP CAKES

3 pounds confectioners sugar (2¼ quarts)
¾ cup evaporated milk
6 tablespoons orange juice
¾ tablespoon grated orange rind

Sift sugar into bowl. Add milk, orange juice and rind and beat until well blended. Use about 2 teaspoons frosting for each cup cake. Recipe makes about 1¼ quarts frosting.

Cereals

CEREAL GRAINS are important in a good diet. They are excellent sources of food energy. Whole grain products furnish a share of necessary minerals, chiefly iron, also vitamin B_1. By cooking cereal products in evaporated milk, extra milk nutrients are added to the diet. This is accomplished also when evaporated milk is served over cereal. A sprinkle of brown sugar adds a pleasing new flavor.

Cereal Cooked in Milk

50 TWO-THIRD CUP SERVINGS

5½ quarts boiling water
5½ quarts evaporated milk
3 tablespoons salt (1½ ounces)
5 quarts (3 pounds, 12 ounces) flaked cereal, such as rolled oats, or
2¼ quarts (about 3 pounds) granular cereal, such as cream of wheat, wheatena, ralston's or cracked wheat

Bring water and milk to a boil, stirring occasionally. Add salt and cereal, and boil briskly about 10 minutes, stirring constantly. Or set over boiling water and cook 30 minutes.

Corn Meal: Use same amount of water, evaporated milk and salt as above. Measure 7¼ cups (2¼ pounds) corn meal into a heavy saucepan. Add water and salt. Boil until mixture begins to thicken, then add milk and continue boiling 8 to 10 minutes, stirring constantly; or set over boiling water, and cook 30 minutes.

Corn Meal Mush for Frying: Increase corn meal to 14½ cups (4½ pounds).

Scrapple

50 SERVINGS

2 quarts corn meal (2½ pounds) or cracked wheat
1 gallon water
3 tablespoons salt (1½ ounces)
3⅓ quarts evaporated milk
1 gallon canned roast beef or left-over cooked beef
8 medium onions
8 carrots

Measure meal into large saucepan. Pour water over meal. Add salt and cook until thickened. Pour in milk and add meat and vegetables that have been chopped fine. Season with pepper. Cook slowly until thick enough to cling to side of spoon (as for mush to fry). Pour into bread pans that have been rinsed with cold water. When cold, turn from pans, slice about ½ inch thick, dip in meal and fry to a golden brown. Scrapple may be prepared with meat and only enough grated onion to season, omitting carrot. Or 1 quart chopped cheese may be stirred into mush just as corn meal is finished cooking.

Desserts

MILK-MADE DESSERTS are popular and provide an excellent opportunity to use more milk in a meal. Custards and puddings prepared with evaporated milk are smooth, creamy, and nutritious. Fruit whips, bavarians and other gelatin desserts are easily and inexpensively made with whipped evaporated milk and are doubly rich in milk solids.

Apple Brown Betty

56 ONE-THIRD CUP SERVINGS

6 quarts apples, thinly sliced (8 to 10 pounds)
2 cups sugar (1 pound)
1½ teaspoons cinnamon
1¾ quarts fine bread crumbs (1 pound, 5 ounces)
1 quart water
⅔ cup melted butter (⅓ pound)

Spread apples in layers in a buttered baking pan alternately with sugar, cinnamon and half the crumbs. Add water. Mix remaining crumbs with the butter and spread over top. Bake in a moderate oven (375° F.) until apples are tender, about 40 minutes. Cover the first 20 minutes. Serve with Hard Sauce (see page 50).

Bread Pudding

50 ONE-HALF CUP SERVINGS

3 quarts evaporated milk
2½ quarts boiling water
50 slices bread
1⅔ cups sugar
⅔ cup butter (⅓ pound)
10 eggs
2½ teaspoons salt
5 teaspoons vanilla
1¼ teaspoons nutmeg
3¾ cups raisins (1¼ pounds)

Combine milk and water. Add bread cut into very small cubes, sugar, melted butter, beaten eggs, salt, vanilla and raisins. Mix thoroughly. Bake in buttered pans or custard cups in a moderate oven (350° F.) about 1 hour. Test as for custard.

Caramel Charlotte Russe

66 TWO-THIRD CUP SERVINGS

5 tablespoons gelatin (1¼ ounces)
1 cup cold water
3 cups sugar (1½ pounds)
1⅔ cups boiling water
¼ teaspoon salt
1¾ quarts evaporated milk, chilled thoroughly
1 tablespoon vanilla

Soften gelatin in cold water and set over boiling water to dissolve. Caramelize the sugar, add the boiling water slowly and cook until the caramel is dissolved. Add salt. Cool slightly and add dissolved gelatin. When the gelatin mixture begins to thicken, whip the chilled milk stiff, and fold into the mixture with the vanilla. Pour into molds to set. To make a more elaborate dessert, add 2 pounds blanched, chopped almonds to mixture and line the molds with lady fingers.

Chocolate Pudding

50 One-half Cup Servings

- 2 cups cornstarch (10 ounces) or 3½ cups flour (14 ounces)
- 1 quart sugar (2 pounds)
- 2 teaspoons salt
- 2 cups cocoa (½ pound)
- 1 quart cold water
- 2¼ quarts boiling water
- 3½ quarts evaporated milk
- 2 tablespoons vanilla

Blend cornstarch, sugar, salt and cocoa with the cold water to make a smooth paste. Scald remaining water and the milk. Add cornstarch mixture and cook until thickened, stirring constantly. Cover and cook 30 minutes longer over a very low flame, stirring occasionally, or cook over boiling water 25 minutes. Cool. Add vanilla.

If chocolate is used instead of cocoa: Add ¾ pound bitter chocolate to the milk-water mixture and heat until chocolate is melted. Add cornstarch-sugar mixture and proceed as above.

Cornstarch Pudding

60 One-half Cup Servings

- 2½ cups cornstarch (12½ ounces)
- 1 quart sugar (2 pounds)
- 4 teaspoons salt
- 3¾ quarts water
- 3¾ quarts evaporated milk
- 2 tablespoons vanilla

Blend cornstarch, sugar and salt with enough of the water to make a smooth paste. Scald remaining water and milk, being careful not to scorch it. Add cornstarch mixture and cook until thickened, stirring constantly. Cover and cook 20 minutes longer over boiling water. Cool. Add vanilla. May be served with raspberry or strawberry sauce.

Rice Pudding

50 One-half Cup Servings

- 3½ cups rice (1¾ pounds)
- 2½ quarts evaporated milk
- 3½ quarts boiling water
- 2 cups sugar
- 2 teaspoons salt
- 1 teaspoon nutmeg
- ¾ teaspoon lemon extract

Wash rice. Add milk and water and cook over boiling water 1 hour. Add sugar, salt, nutmeg and flavoring. Pour into well buttered shallow baking pans. Bake in a slow oven (325° F.) 1 hour. Raisins that have been thoroughly washed may be added just before pouring rice into baking dish.

Fruit Whip

50 One-half Cup Servings

- 1½ quarts evaporated milk
- ¾ cup lemon juice
- 1½ quarts apricot or prune pulp, sweetened with
- 2¼ cups sugar (1⅛ pounds)

Chill milk thoroughly and whip until stiff. Add lemon juice and whip until very stiff. Fold in cold fruit pulp. Serve cold. Fruit Whip may be frozen in either the trays of an automatic refrigerator or packed in a mold and frozen with a 1:3 salt-ice mixture. Apple sauce may be used in this whip.

Rice Bavarian Cream*

66 Two-third Cup Servings

2 cups rice (1 pound)
1 gallon boiling water
1 tablespoon salt (½ ounce)
1½ quarts crushed pineapple
3 cups sugar (1½ pounds)
1⅓ cups orange juice
⅔ cups lemon juice
4½ tablespoons grated orange rind (1½ ounces)
¼ cup gelatin (1 ounce)
2 cups cold water
1 quart evaporated milk

Wash rice. Add rice and salt to the boiling water. Boil until tender, about 25 minutes. Drain and rinse. Combine pineapple, sugar, orange juice, lemon juice and orange rind with the rice. Soften the gelatin in the cold water and dissolve over boiling water. Add to the rice mixture. Cool. When the rice mixture begins to thicken, fold in the evaporated milk which has been thoroughly chilled and whipped stiff. Chill until firm.

Baked Custard

54 Two-third Cup Servings

3 dozen eggs
3 cups sugar (1½ pounds)
1½ teaspoons salt
3 quarts evaporated milk
3 quarts boiling water
1 tablespoon vanilla
1 teaspoon nutmeg

Beat eggs. Add sugar, salt and milk. Beat well, then add water and vanilla. Pour into custard cups rinsed in cold water. Sprinkle tops with nutmeg. Set cups in pan half filled with hot water. Bake in a moderate oven (350° F.) until firm or until an inserted knife comes out clean.

Soft Custard: Beat eggs. Add sugar, salt and milk, beat well, then add water. Cook over boiling water until custard coats a metal spoon, stirring constantly. Remove from heat at once, add vanilla and cool.

Caramel Custard: Increase the sugar to 4½ cups (2¼ pounds). Caramelize the sugar and dissolve caramel in the boiling water. Beat eggs, add milk, caramel syrup and flavoring. Then proceed as for Baked or Soft Custard.

Custard Pudding with Cereal

56 One-half Cup Servings

2 quarts evaporated milk
2 quarts boiling water
½ cup butter (¼ pound)
2 quarts cooked whole wheat cereal
1 quart brown sugar (1½ pounds)
2 teaspoons salt
1 teaspoon nutmeg
8 eggs
2 tablespoons vanilla

Scald milk, water, butter and cereal over boiling water. Combine sugar, salt, nutmeg and beaten eggs. Pour hot milk mixture over egg mixture slowly, stirring constantly until eggs are well blended. Add vanilla. Pour into custard cups, or a shallow baking pan, rinsed in cold water. Bake in a moderate oven (350° F.) until an inserted knife comes out clean, about 45 minutes.

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Grapenuts Pudding†

44 One-half Cup Servings

1 quart grapenuts
16 egg yolks
3 cups sugar (1½ pounds)
7½ cups raisins (2½ pounds)
1½ quarts evaporated milk
1½ quarts water

Meringue

16 egg whites
1 cup sugar (½ pound)

Soak grapenuts in a little water. Beat egg yolks, add sugar, raisins, milk and water. Cook over boiling water until thickened. Pour into custard cups or a shallow baking pan. Cover with meringue. Brown in a slow oven (325° F.).

White Plum Pudding*

54 One-half Cup Servings

1½ quarts evaporated milk
1½ quarts water
1½ cups egg whites (about 12)
3 cups sugar (1½ pounds)
6 tablespoons butter (3 ounces)
¼ teaspoon salt
1½ teaspoons vanilla
2¼ quarts soft fine bread crumbs (18 ounces)
3 No. 2½ cans greengage plums (10½ cups)

Scald milk and water. Pour over the egg whites, which have been slightly beaten. Combine sugar, butter, salt, vanilla, bread crumbs and the plums, which have been drained and cut in pieces. (Save the juice for the sauce.) Add the bread crumb mixture to the milk and egg mixture. Beat well. Fill buttered pudding molds, set in pan of hot water, and bake in a moderate oven (350° F.) about 45 minutes or until, when tested with a silver knife, the knife comes out clean. Remove from pudding molds and serve with Plum Sauce (see page 51).

Pineapple Orange Sponge*

48 Two-third Cup Servings

1 pint juice drained from crushed pineapple
1 cup egg yolks (about 12)
4½ cups crushed pineapple
3 cups sugar (1½ pounds)
1½ cups orange juice
2 teaspoons grated orange rind
¼ cup gelatin (1 ounce)
1 cup cold water
¾ cup egg whites (about 6)
1 pint evaporated milk

Scald pineapple juice and pour over the slightly beaten egg yolks. Cook over boiling water until mixture thickens. Add to the crushed pineapple with the sugar, orange juice and rind. Soften gelatin in the cold water and dissolve over boiling water. Add to the pineapple mixture and cool. When the pineapple mixture begins to stiffen, fold in the stiffly beaten egg whites and evaporated milk, which has been thoroughly chilled and whipped stiff. Pour into molds and chill until set.

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Lemon Bread Pudding

54 One-third Cup Servings

1 cup lemon juice
1¼ cups butter (10 ounces)
1¼ quarts sugar (2½ pounds)
15 eggs
2½ quarts fine bread crumbs (1 pound, 14 ounces)
10 eggs
1 cup sugar
¾ teaspoon salt
2 tablespoons grated lemon rind
2½ cups evaporated milk
2½ cups water

Bring lemon juice and butter to boiling point. Add the 1¼ quarts sugar and pour slowly over the 15 beaten eggs. Cook over hot water until mixture thickens. Pour this mixture over the bread crumbs and let stand 10 minutes. Add the 10 beaten eggs, 1 cup sugar, salt, lemon rind, milk and water. Pour into buttered pudding molds or baking powder cans. Lemon Bread Pudding puffs up while steaming, so fill molds only ⅔ full. If individual molds are used, this recipe will fill 54 molds with ⅓ cup mixture each. Cover and steam 1½ hours. Serve while still warm.

Stewed Dried Fruits

Inspect and wash fruit carefully. Add cold water to cover and allow to soak several hours or overnight. Cook until tender in the same water in which fruit was soaked. Sugar is not usually required for prunes. One-fourth cup or less of sugar can be added to each pound of apricots. Stewed dried fruits are delicious served with Soft Custard (see page 29).

Indian Pudding

52 One-half Cup Servings

3¼ quarts evaporated milk
3¼ quarts boiling water
2 cups corn meal (10 ounces)
5 teaspoons salt
2½ cups raisins
1½ cups molasses

Cook milk, water, corn meal and salt over boiling water 20 minutes. Add the washed raisins and the molasses. Pour into a buttered shallow baking dish and bake in a slow oven (300° F.) 2 hours.

Rice and Peach Pudding†

46 Servings

2½ cups rice (1¼ pounds)
2 quarts water
3 cups evaporated milk
10 eggs
1¼ quarts sugar (2½ pounds)
1 No. 10 can peaches (13 cups)

Cook rice in the water over boiling water. Add milk as rice thickens, and continue cooking 30 minutes. Beat eggs, add sugar and stir quickly and carefully into rice mixture. Place alternate layers of rice and peaches in a buttered baking dish. Bake 20 minutes in a moderate oven (350° F.). Serve with Peach Sauce (see page 50).

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Frozen Desserts

FROZEN DESSERTS which are unusually fine in texture and richness can be prepared with evaporated milk. Each serving of such desserts contains a generous share of milk. Because of the finely divided milk solids, the ice crystals which form in evaporated milk mixtures are extremely fine, imparting a smooth velvety quality to the dessert. Also the use of evaporated milk is a distinct economy, especially for whipped "cream" desserts.

Banana Sherbet

7½ QUARTS

2½ quarts banana pulp (about 2½ dozen bananas)
5½ cups sugar (2¾ pounds)
2 quarts evaporated milk
2½ cups orange juice
½ teaspoon salt

Select full, ripe bananas, well flecked with brown spots. Remove peelings and outside fibrous portion. Press bananas through a coarse sieve. Combine ingredients in order given. Let stand in cold place ½ hour before freezing. Freeze with a 1:6 salt-ice mixture. If ⅓ cup lemon juice is added to ingredients given above and orange juice is increased to 5 cups and sugar to 7½ cups (3¾ pounds) another very excellent sherbet results.

*Pineapple Sherbet**

2 GALLONS

3 quarts crushed pineapple or 1 No. 10 can
2 quarts water
½ cup lemon juice
1½ quarts sugar (3 pounds)
1 quart evaporated milk

Combine pineapple, water, lemon juice and sugar. Freeze to a mush in a 1:6 salt-ice mixture. Whip the evaporated milk, which has been thoroughly chilled, and add to the partially frozen mixture. Continue freezing until stiff.

*Grapefruit Sherbet**

2 GALLONS

3 quarts grapefruit juice (about 12 grapefruit)
2 quarts water
½ cup lemon juice
2 quarts sugar (4 pounds)
2 quarts grapefruit sections cut in pieces (about 6 grapefruit)
1 quart evaporated milk

Combine grapefruit juice, water, lemon juice, sugar and grapefruit sections. Freeze to a mush in a 1:6 salt-ice mixture. Whip the evaporated milk, which has been thoroughly chilled, and add to the partially frozen mixture. Continue freezing until stiff.

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Main Dishes with Meats, Fish, Eggs and Cheese

MANY attractive and inexpensive main dishes can be made by combining meats, fish, eggs and cheese with cream sauces. Evaporated milk adds a rich quality and extra food value to these dishes. Undiluted evaporated milk may be used as the binding agent in meat loaves and patties. It makes a delicate coating for foods to be fried in deep fat. Crumbs adhere well to foods dipped in the undiluted milk.

*Molded Chicken Loaf**

50 SERVINGS

3 cups rich chicken stock
3 cups evaporated milk
8 egg yolks, slightly beaten
2 ounces gelatin (½ cup)
1 cup cold water
1 cup Eggless Mayonnaise (see page 48)
2½ quarts diced cooked chicken
1 quart celery, finely chopped
1 cup pimiento strips
1 cup chopped pickle
¼ cup lemon juice
3 tablespoons salt (1½ ounces)
Few drops tabasco sauce
Dash of white pepper

Scald the chicken stock with the milk. Pour over the slightly beaten egg yolks, stirring constantly, and cook over boiling water until thickened. Soften gelatin in the 1 cup water and dissolve over boiling water. Pour into chicken-custard mixture and cool. When mixture begins to stiffen, add remaining ingredients. Pour into greased pans and chill until firm. Slice and serve on lettuce.

Chicken a la King

2 GALLONS, 50 SERVINGS

2 green peppers, shredded
1 quart sliced raw mushrooms or 2⅔ cups canned
1 cup butter (½ pound)
1½ cups flour (6 ounces)
2 quarts chicken broth
2 quarts evaporated milk
1 gallon chicken, diced cooked
2 pimientos
Salt and pepper to taste

Cook peppers and mushrooms, if they are raw, slowly in the butter 10 minutes. Cover while cooking. Remove mushrooms and peppers from butter and add flour. Blend well, then add broth. Boil until mixture begins to thicken, then add milk and seasoning. Cook over boiling water until sauce thickens, stirring to keep smooth. Add chicken, mushrooms, peppers and pimientos and reheat. Serve on hot buttered toast or in patty shells.

*"Economies in Food—Quantity Recipes Using Evaporated Milk." M. Faith McAuley and Mary Adele Wood. The University of Chicago Press, 1934.

Chicken Croquettes

50 Servings

- 2½ quarts finely chopped, cooked chicken
- ⅔ cup chopped green pepper
- ⅔ cup chopped celery
- 1 cup butter or other fat (½ pound)
- 1¾ cups flour (7 ounces)
- 1¼ quarts evaporated milk
- 1¼ quarts chicken broth
- Salt and pepper
- Evaporated milk

Combine chicken with chopped vegetables. Prepare a thick white sauce of the butter, flour, milk, broth, salt and pepper. Add to the first mixture. Shape into balls. Dip in crumbs, undiluted evaporated milk and again in crumbs. Fry to a golden brown in deep, hot fat (390° F.). Or, use buttered crumbs for dipping, place in a greased baking dish and brown in a hot oven.

Creamed Bacon

50 One-half Cup Servings

- 3½ pounds bacon
- 5½ quarts Medium White Sauce, made with bacon fat (see page 52)

Have the bacon sliced quite thin. Panbroil until crisp. Prepare white sauce with bacon fat instead of butter. Chop the hot, crisp bacon and add to the sauce when ready to serve, since the bacon softens on standing. Serve on toast, bread, hot biscuits or corn bread.

Gravy

50 One-third Cup Servings

For each gallon of gravy, allow 1⅛ cups drippings from roasted meat or poultry, 1⅛ cups flour, 2¼ quarts evaporated milk and 2¼ quarts boiling water. Add flour to hot drippings, mix to a smooth paste and cook until flour is browned. Add water, stirring to prevent lumping and cook until gravy begins to thicken. Add milk, season with salt and pepper and continue cooking until thickened, stirring occasionally. More boiling water may be needed as gravy thickens.

Scalloped Chipped Beef and Potatoes†

50 Servings

- 1 cup butter (½ pound)
- 2 cups flour (½ pound)
- 1 tablespoon salt (½ ounce)
- 2 quarts boiling water
- 2 quarts evaporated milk
- 1 peck potatoes
- 1 pound sliced dried beef
- ½ cup chopped onions (¼ pound)

Prepare a white sauce of the butter, flour, salt, water and milk. Peel and slice potatoes, and shred dried beef. Place a layer of potatoes on bottom of greased baking pan. Add onions and dried beef, and one-half of the white sauce. Add another layer of potatoes and cover with remaining white sauce. Bake in a moderate oven (350° F.) until potatoes are tender, about 1 hour.

†Mabelle S. Ehlers and Florence J. Atwood, Department of Institution Management, Michigan State College.

Liver Loaf

50 Servings

6 pounds liver
6 small onions
1½ cups chopped parsley
3 tablespoons salt (1½ ounces)
6 eggs, beaten
2½ quarts evaporated milk
3 quarts bread crumbs

Wipe liver. Cut into slices, then put through a food chopper with the onion. (Liver may be purchased already ground.) Add finely chopped parsley, salt, eggs, milk and crumbs. Blend thoroughly. Pour into well greased loaf pans. Bake in a moderate oven (350° F.) until thoroughly set, about 45 minutes.

Scalloped Ham and Cabbage†

50 Servings

⅔ cup butter (5⅓ ounces)
1⅓ cups flour
1⅓ quarts water
1⅓ quarts evaporated milk
2 teaspoons salt
1 gallon fresh, parboiled cabbage
1½ quarts cooked, diced ham
1 pound cheese, grated
2 green peppers, sliced
Buttered crumbs (about 2 quarts)

Prepare a white sauce of the butter, flour, water, milk and salt. Place a layer of cabbage in a greased baking pan, then a layer of ham. Add cheese and green pepper, then another layer of cabbage. Cover with the white sauce and sprinkle with buttered crumbs. Bake in a moderate oven (350° F.) 30 minutes.

Ham en Panier†

50 Servings

¾ cup butter (6 ounces)
¾ cup flour (3 ounces)
1¼ quarts boiling water
1¼ quarts evaporated milk
2 teaspoons salt
1¼ teaspoons pepper
50 eggs
2½ quarts diced, cooked ham
¾ cup prepared mustard
2 chopped green peppers
1 small can chopped pimientos

Prepare a white sauce of the butter, flour, water, milk and seasonings. Steam eggs, and chop, reserving about 12 for garnish. Add eggs, ham and mustard to the white sauce. Pour mixture into a greased baking pan. Garnish top with chopped green pepper, pimientos and remaining eggs. Bake in a moderate oven (350° F.) about 25 minutes.

†Mabelle S. Ehlers and Florence J. Atwood, Department of Institution Management, Michigan State College.

Spaghetti Loaf

50 Slices 1¼"x 3"x 4½"

- 3½ quarts spaghetti, broken in 2 inch pieces (3½ pounds)
- 4 cloves garlic, if desired
- 14 eggs
- 5 teaspoons salt
- Pepper
- ½ cup grated onion
- 2¾ quarts evaporated milk
- 3½ pounds American cheese
- 2 cups finely cut parsley (may be omitted)

Boil spaghetti until tender in boiling, salted water to which garlic has been added. Drain and rinse. Melt cheese in the milk over boiling water. Beat eggs. Add salt, pepper, onion, spaghetti, parsley, then the cheese sauce, stirring rapidly to prevent hot sauce from cooking eggs. Pour into greased loaf pans. Bake in a moderate oven (350° F.) one hour. A sharper cheese may be used if desired.

Veal Birds*

60 Servings

- 25 pounds leg of veal
- 6 quarts cold water
- ¼ cup salt (2 ounces)
- Outside green stalks and leaves of 2 bunches celery
- ¼ cup chopped onion
- 2 pounds dry bread crumbs (10⅔ cups)
- 2 tablespoons salt (1 ounce)
- 1 teaspoon pepper
- 2 cups celery, cut fine
- ¼ cup chopped onion
- 1 cup butter (½ pound)
- 1 pound boiled veal (from bones and trimmings), chopped fine
- 2 eggs, slightly beaten
- 3 cups evaporated milk
- 3 cups veal stock
- ⅛ cup lemon juice

Cut veal into thin slices, about ½ inch thick. Pound slices until ¼ inch thick and cut in pieces 4 inches square, making the weight about 4 ounces each. Wash the bones, fat and trimmings. Cover with the 6 quarts cold water. Add ¼ cup salt, outside green stalks and leaves of celery and ¼ cup chopped onion. Bring slowly to a boil and cook 1½ to 2 hours. Add more water as needed. Drain, reserving stock. Add 2 tablespoons salt and the pepper to bread crumbs. Fry ¼ cup chopped onion and the 2 cups chopped celery in the butter until golden brown, and combine with the bread crumbs. Add the 1 pound chopped veal and mix well with the crumbs. Combine eggs, milk, veal stock and lemon juice and stir into the bread-crumb mixture. Place a small roll of dressing in each square of veal. Roll meat corner-wise and fasten with tooth picks. Place birds in greased baking pan. Pour a little melted butter over each bird, or use thin slices of salt pork. Dredge with flour. Bake in a hot oven (500° F.) for 15 minutes, or until brown. Reduce to moderate oven (350° F.), pour some of the veal stock around the birds, cover, and cook slowly, basting every 15 minutes, until tender, about 1 hour. Remove birds from baking pan and add enough stock to make 2 quarts.

*"Economics in Food—Quantity Recipes Using Evaporated Milk." M. Faith McAuley and Mary Adele Wood. The University of Chicago Press, 1934.

Gravy for Veal Birds

2 quarts veal stock from veal birds
1½ cups flour (6 ounces)
2 cups water
2 quarts evaporated milk
Salt and pepper

Bring veal stock to a boil and add slowly to the flour and water, which have been mixed to a smooth paste. Stir until smooth and cook until thickened. Scald the milk and add to the thickened veal stock just before serving. Season with salt and pepper to taste. Serve with veal birds.

Kidney Stew

50 Servings

8 pounds kidneys
2 cups flour (½ pound)
1½ cups butter (¾ pound)
2⅔ tablespoons salt
Pepper
2 quarts onions, chopped
1 gallon potatoes, diced
2 cups evaporated milk
½ cup vinegar

Cut kidneys in half and soak 45 minutes in cold, salted water. Trim and skin. Cut in small pieces, place in a kettle of water and bring to a boil. Drain and rinse with cold water. Roll in flour and brown quickly in butter. Add salt, pepper, onions and potatoes, cover with boiling water and cook until tender. Add milk and vinegar just before serving.

Creamed Chipped Beef

50 One-half Cup Servings

1 cup fat (½ pound)
2½ pounds sliced dried beef
2 cups flour (½ pound)
2½ quarts boiling water
2½ quarts evaporated milk
Pepper
50 slices toast

Discard tough fibrous portions and undesirable yellow fat from beef. Heat fat in large saucepan until it bubbles, then add beef and cook until edges of beef curl. Add flour. Blend well, then add water. Boil until sauce begins to thicken, stirring constantly. Add milk and pepper and continue cooking 5 minutes longer, or until thickened. Serve on toast. Creamed Chipped Beef is also good served on mashed or baked potatoes.

Meat Loaf

50 Servings

3 pounds veal
3 pounds pork
6 pounds beef
2 medium onions
3 cups raw carrots (1 pound)
4 tablespoons salt (2 ounces)
¾ teaspoon pepper
6 eggs
6 cups bread crumbs
3 cups evaporated milk
4 slices fat salt pork

Put meat, onions and carrots through food chopper. Add seasonings, eggs, crumbs and milk. Shape into loaves and place in greased baking pans. Lay salt pork over top. Bake in a hot oven (425° F.) 15 minutes, then reduce to a slow oven (350° F.). About 1 hour is required for baking. Baste every 15 minutes.

Sweetbread Croquettes

100 Croquettes, 50 Servings

2½ cups butter (1¼ pounds)
5 cups flour (1¼ pounds)
1¼ quarts hot chicken broth or water
1¼ quarts evaporated milk
20 eggs
Salt
Paprika
3 tablespoons lemon juice
10 pairs sweetbreads and chopped, cooked chicken to make 3¾ quarts
Fine bread crumbs
Evaporated milk

Prepare a thick sauce of the butter, flour, broth or water and milk. Add beaten eggs, salt and paprika, then the lemon juice. Have the sweetbreads prepared in the following way: Soak in cold water for 1 hour, renewing water several times. Simmer about 30 minutes in salted water to which ½ cup vinegar has been added. Rinse in cold water. Remove all membrane. Chop fine. Add chicken and combine with the sauce. Cool mixture and shape into croquettes. Roll in fine crumbs, then in undiluted evaporated milk and again in crumbs. Fry in deep fat (390° F.) hot enough to turn a 1-inch cube of soft bread a golden brown in 40 seconds. Drain on unglazed paper to absorb excess fat. Serve on hot platter garnished with watercress.

Macaroni and Cheese

9 Quarts, 50 Servings

3 pounds macaroni (3 quarts plus 1½ cups)
4½ quarts evaporated milk
3 pounds American cheese
1½ teaspoons dry mustard
⅛ teaspoon cayenne
1½ quarts bread crumbs (1 pound, 2 ounces)
1½ cups butter (¾ pound)
Paprika

Boil macaroni until just tender in a large amount of boiling water to which 3 tablespoons salt have been added. Drain and rinse. Scald milk over boiling water. Add cheese, that has been cut into small pieces, mustard and cayenne and continue cooking over boiling water until cheese is just melted. Combine macaroni and cheese sauce. Turn into buttered baking pans, cover with crumbs that have been thoroughly mixed with the melted butter. Sprinkle with paprika. Bake in a moderate oven (350° F.) until crumbs are brown, about 25 minutes.

Scrambled Eggs

50 Servings

50 eggs
2 quarts evaporated milk
4 teaspoons salt
Pepper
1 cup fat

Beat eggs. Add milk and seasonings. Heat fat in frying pan. When it bubbles, pour in the egg mixture. Cook slowly, stirring occasionally, until eggs are firm but not hard. To keep scrambled eggs very soft and tender cook over boiling water.

Creamed Eggs

50 One-half Cup Servings

50 hard cooked eggs
¾ cup butter (6 ounces)
1 cup flour (¼ pound)
1 tablespoon salt
Pepper
2 quarts boiling water
2 quarts evaporated milk

Prepare a white sauce of the butter, flour, salt, pepper, boiling water and milk. Peel eggs, slice and add to hot white sauce. Serve on hot, buttered toast or bread.

Scalloped Eggs

Use recipe for Creamed Eggs. Pour into greased baking pan, cover with buttered crumbs and brown in a moderate oven (350° F.).

Deviled Eggs

50 Servings

50 hard cooked eggs
1½ cups Cooked Salad Dressing (see page 48)
1½ teaspoons salt

Cut eggs in half lengthwise. Remove yolks and mash, adding salad dressing and salt. Fill halved whites with yolk mixture.

Creamed Salmon or Tuna

50 One-half Cup Servings

6 pounds canned salmon or tuna
2 tablespoons lemon juice or vinegar
¾ cup fat (6 ounces)
1⅛ cups flour (4½ ounces)
1 tablespoon salt
Pepper
1½ quarts evaporated milk
Liquid drained from fish plus enough water to make 3 quarts

Flake fish with a fork and add lemon juice or vinegar. Prepare a white sauce of the remaining ingredients. Add salmon or tuna and heat thoroughly. Mackerel may be used in place of salmon or tuna for another pleasing variation.

Scalloped Fish

Use recipe for Creamed Salmon or Tuna. Pour into greased baking dishes, cover with buttered crumbs and brown in moderate oven (350° F.).

Salmon Loaf

50 Servings

- 6 pounds canned salmon
- 3 quarts soft bread crumbs
- Liquor drained from salmon plus evaporated milk to make 1½ quarts
- 2 tablespoons salt (1 ounce)
- 6 eggs
- ⅛ teaspoon pepper
- ⅓ cup lemon juice
- ⅓ cup grated onion

Flake salmon with a fork. Add remaining ingredients and blend well. Pour into greased baking pans. Bake in a moderate oven (350° F.) until firm and brown, about 40 minutes.

Salmon Wiggle

50 One-half Cup Servings

- 5 pounds canned salmon
- 3 tablespoons lemon juice or vinegar
- ½ cup fat (¼ pound)
- ⅔ cup flour
- 5⅓ cups evaporated milk
- 5⅓ cups liquid from salmon and peas
- 3 tablespoons salt (1½ ounces)
- 2½ quarts canned peas (1 No. 10 can, minus the liquid)

Drain salmon and peas, reserving liquid for white sauce. Flake salmon with a fork and season with lemon juice or vinegar. Prepare a white sauce of the fat, flour, milk, liquid from salmon and peas, and salt. Add the salmon and peas and heat thoroughly. Serve on hot, buttered toast or toasted crackers.

Codfish Balls

50 Servings

- ½ gallon shredded codfish
- 1½ gallons diced potatoes
- 1 gallon boiling water
- ½ cup fat
- Pepper
- 1½ cups evaporated milk
- Fine bread crumbs
- Evaporated milk

Cook codfish and potatoes in boiling water until potatoes are tender. Drain. Mash. Add fat, pepper and milk. Beat mixture thoroughly. Add salt if needed. Chill, then shape into balls and roll in crumbs, undiluted evaporated milk and again in crumbs. Fry in deep fat (390° F.) hot enough to turn a 1-inch cube of bread golden brown in 40 seconds; or use buttered crumbs for dipping and bake in a hot oven (400° F.) until crumbs are brown, about 20 minutes.

Fish Cakes

50 Cakes

2 quarts cooked fish, flaked (4—11½ ounce cans)
4 to 5 pounds potatoes (2 quarts mashed)
1 pint evaporated milk
1 tablespoon salt
½ teaspoon pepper

Boil potatoes in jackets. Skin and mash. Potatoes may be hot or cold. Mix ingredients together thoroughly. Shape into small flat cakes and fry in hot fat until crusty and brown on both sides.

Cheese Souffle

50 Servings

1½ quarts grated cheese (1½ pounds)
1½ quarts Thick White Sauce (see page 52)
2 dozen egg yolks
¼ teaspoon pepper
2 teaspoons salt
2 dozen egg whites

Add cheese to hot white sauce and stir until cheese melts. Add well beaten egg yolks, pepper and salt. Cool slightly. Fold in the egg whites, that have been beaten until stiff but not dry. Combine well. Pour into greased baking dishes and bake in a slow oven (325° F.) 45 minutes.

Chicken Souffle: Substitute 2 quarts finely chopped chicken for the 1½ quarts grated cheese.

Salmon Souffle: Substitute 2 quarts finely flaked salmon for the 1½ quarts grated cheese, and add ½ cup lemon juice.

Cheese Fondue†

70 Servings

3½ pounds cheese
5 quarts soft bread crumbs (2½ pounds)
1 tablespoon salt
½ tablespoon dry mustard
½ tablespoon paprika
2 quarts evaporated milk
2 quarts boiling water
½ cup butter (4 ounces)
3 dozen eggs

Grind cheese. Add bread crumbs, salt, mustard, paprika, milk, water and melted butter. Cool slightly, then add well beaten egg yolks. Beat egg whites until stiff, but not dry, and fold into first mixture. Pour into buttered baking pans and bake in a moderate oven (350° F.) until set, about 1 hour.

†Mabelle S. Ehlers and Florence J. Atwood, Department of Institution Management, Michigan State College.

Pies

Pies of the "cream" type have significant dietary value when they are made with evaporated milk. Cream fillings are delicious, of smooth texture and rich in milk nutrients. Evaporated milk contributes richness to pastry, making it tender, flaky and of excellent browning quality.

Plain Pastry

10 Single Crust or 6 Double Crust Pies

2 quarts flour (2 pounds)
4 teaspoons salt
2 cups cold shortening (1 pound)
⅔ cup cold evaporated milk and
⅔ cup cold water, mixed

Sift flour, then measure. Resift with salt. Work shortening into flour until appearance is like coarse corn meal. Add liquid and blend with a fork. Some flours absorb more liquid than others. Add only sufficient diluted milk to make dough soft enough to roll. Chill before using, if possible.

Meringue

Use 2 to 3 tablespoons sugar to each egg white. Either granulated or confectioners sugar may be used. The sugar should be added to the egg whites when they are frothy and beating continued until the meringue is quite stiff and sugar is completely dissolved. Brown in a slow oven (325° F.).

Zwieback Pie

6 Large Pies

Crust:

3 cups butter (1½ pounds)
4½ cups brown sugar (1½ pounds)
1 tablespoon cinnamon
6 boxes zwieback (3 quarts crumbs)

Filling:

3 cups sugar (1½ pounds)
¾ teaspoon salt
6 tablespoons cornstarch
1½ quarts boiling water
1½ dozen egg yolks
1½ quarts evaporated milk
2 tablespoons vanilla

Cream butter and brown sugar. Add cinnamon and zwieback and blend thoroughly. Cover bottoms of large deep pie pans with part of mixture and reserve rest for tops of pies.

Blend sugar, salt and cornstarch. Add boiling water and boil until thick and transparent, stirring constantly. Beat egg yolks, add milk and stir slowly into first mixture. Set over boiling water and cook until mixture is thick enough to hang from side of spoon. Add vanilla and pour into zwieback crust. Cover with meringue made of the 1½ dozen egg whites (see recipe above) and top with remainder of zwieback mixture. Bake in a slow oven (325° F.) until brown, about 20 minutes.

Custard Pie

10 Pies

4¾ cups sugar (2 pounds, 6 ounces)
1½ tablespoons salt
2½ dozen eggs, beaten
3¾ quarts evaporated milk
3¾ quarts boiling water
1½ tablespoons vanilla
Dash of nutmeg

Add sugar and salt to beaten eggs. Scald milk and water in double boiler and pour over egg mixture. Add vanilla and pour at once into unbaked pie shells. Fleck top with nutmeg. Start pies to bake in a hot oven (450° F.). After 15 minutes baking at this temperature, decrease to a slow oven (325° F.) and bake until custard gives the clean knife test, about 25 minutes longer.

Cocoanut Custard Pie: After custard filling has been poured into the pie shell, sprinkle ½ cup grated cocoanut over top of each pie. Bake same as Custard Pie.

Pumpkin Pie

5 Pies

1⅔ tablespoons ginger
1⅔ tablespoons cinnamon
1¼ cups boiling water
4½ cups brown sugar (1½ pounds)
10 eggs
2½ teaspoons salt
6¼ cups canned pumpkin
1¼ quarts evaporated milk
¾ cup orange juice

Make a smooth paste of the spices and water. Add this with sugar, beaten eggs and salt to the pumpkin. Stir to blend thoroughly, then add milk, which has been scalded, and the orange juice. Pour into unbaked pie shells. Bake in hot oven (450° F.) 15 minutes, then reduce to slow oven (325° F.) and bake 25 minutes longer.

Pecan Pie*

10 Pies

2 quarts evaporated milk
1½ quarts water
6 cups light brown sugar (2 pounds)
1¾ cups cornstarch (about 9 ounces)
2 cups water
2 cups egg yolks (20 to 24)
2 cups egg whites (16 to 18)
4½ cups chopped pecans (1 pound)
1 tablespoon vanilla
1 teaspoon almond extract

Combine milk, the 1½ quarts water and brown sugar, and heat to boiling. Mix cornstarch and the 2 cups water and add to the scalded mixture. Cook until quite thick. Add slowly to the slightly beaten egg yolks, stirring constantly. Cook a few minutes. Cool to about 180° F. and fold in stiffly beaten egg whites. Add pecans and flavorings. Fill baked pie shells and cool. Cover with meringue if desired.

*"Economies in Food—Quantity Recipes Using Evaporated Milk." M. Faith McAuley and Mary Adele Wood. The University of Chicago Press, 1934.

Butterscotch Pie

5 Pies

1¼ quarts brown sugar (1⅝ pounds)
¾ cup water
1⅔ cups flour (6⅔ ounces)
1¼ quarts cold water
10 egg yolks
1¼ quarts evaporated milk
2½ teaspoons vanilla

Boil sugar with ¾ cup water to a thick syrup. Make a smooth paste of flour and the 1¼ quarts cold water. Add to the syrup and boil 1 minute, stirring constantly. Beat egg yolks, add evaporated milk and pour sugar mixture slowly into this. Set over boiling water and cook until thickened, stirring all the time. Add vanilla. Cool. There will be about 2¾ quarts filling. Pour into cool baked pie shells. Cover with meringue made of the 10 egg whites (see page 42) and brown.

Lemon Cream Pie

5 Pies

1⅔ cups flour (6⅔ ounces)
3¾ cups sugar (1 pound, 14 ounces)
Few grains salt
3⅓ cups boiling water
3⅓ cups evaporated milk
5 eggs
10 egg yolks
5 teaspoons grated lemon rind
1⅔ cups lemon juice

Mix flour, sugar and salt. Add boiling water and boil about 5 minutes, stirring constantly. Beat eggs and egg yolks. Add milk and pour into the first mixture, stirring all the time. Cook over boiling water, stirring occasionally, 10 minutes longer. Remove from heat, add lemon rind and juice. Cool slightly and pour into cool baked pie shells. Cover with meringue made of the 10 egg whites (see page 42) and brown.

Chocolate Cream Pie

5 Pies

10 ounces bitter chocolate
4½ cups sugar (2¼ pounds)
1¾ cups flour (5 ounces)
1¾ teaspoons salt
1¼ quarts boiling water
1¼ quarts evaporated milk
15 egg yolks
2½ teaspoons vanilla

Melt chocolate over boiling water. Add sugar that has been thoroughly mixed with the flour and salt and blend well. Add the boiling water and boil until mixture thickens. Set over boiling water. Beat the egg yolks, add milk and pour slowly into the first mixture, stirring constantly. Cook until thickened, about 5 minutes. Add flavoring and cool. Pour into cool baked pie shells. Cover with meringue made of 15 egg whites (see page 42) and brown.

Salads

APPETIZING salads make meals more interesting. Salads usually do not employ milk other than that which is used in the dressing. Two of the recipes given here—Deviled Cheese Salad and Frozen Cheese Salad—illustrate how whipped evaporated milk may be used in the preparation of nutritious and attractive salads.

Apple and Date Salad

50 ONE-HALF CUP SERVINGS

5¼ quarts diced apples
1¾ quarts chopped dates (3½ pounds)
3½ cups salad dressing (see page 48)

Toss apples, dates and dressing together lightly with two forks. Serve on crisp lettuce.

Cottage Cheese and Carrot Salad

50 ONE-THIRD CUP SERVINGS

2½ quarts cottage cheese
1 cup minced parsley or chopped cabbage
2¼ quarts grated carrots
1 tablespoon salt

Combine all ingredients, making sure that the cabbage and carrots are finely chopped or shredded. Serve on crisp lettuce leaves.

*Deviled Cheese Salad**

44 SERVINGS

¾ quart evaporated milk
¾ quart water
2 pounds cheese, ground (well-ripened Cheddar)
½ tablespoon dry mustard
1 tablespoon salt
(½ ounce)
¾ cup gelatin
(3 ounces)
1½ cups cold water
1½ quarts celery, diced fine
1½ cups pimientos, cut in short strips
1½ cups ripe olives, chopped
1½ quarts evaporated milk

Scald the ¾ quart evaporated milk and water. Add cheese. Mix mustard and salt and add to the cheese and milk. Soften gelatin in the cold water and dissolve over boiling water. Add to the cheese and milk. Cool. When mixture begins to stiffen, add the celery, pimientos, and ripe olives. Chill the 1½ quarts milk thoroughly and whip until stiff. Fold into gelatin mixture and pour into molds to the depth of 1 inch. Chill until firm. Cut in desired shapes. Individual molds may be used. Serve on lettuce.

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Apple, Carrot and Raisin Salad

50 One-half Cup Servings

- 3½ quarts diced apples
- 7½ cups grated carrots or cabbage
- 5¼ cups chopped raisins
- 1¾ teaspoons salt
- 3½ tablespoons sugar
- 3½ cups salad dressing (see page 48)

Combine apples, carrots and raisins. Sprinkle with salt and sugar. Add dressing and mix lightly with two forks. Keep in a cool place until ready to serve.

Frozen Cheese Salad

50 Servings

- 1 quart evaporated milk
- 1 cup lemon juice
- 1½ pounds cream cheese
- 2 cups Eggless Mayonnaise (see page 48)
- 1 quart chopped dates
- 1 quart drained crushed pineapple
- Lettuce or watercress

Chill milk thoroughly, then whip until stiff. Add lemon juice. Mash cheese. Add mayonnaise slowly, blending well. Fold into whipped milk with the fruit. Pour into a mold and pack with ice and salt; or freeze in the trays of an automatic refrigerator. Serve on lettuce leaves or watercress, with or without salad dressing.

Cole Slaw

50 One-half Cup Servings

- 2 tablespoons salt (1 ounce)
- ¾ cup sugar (6 ounces)
- 1½ gallons finely cut cabbage
- 1½ cups lemon juice or vinegar
- 3 cups evaporated milk

Add salt and sugar to cabbage. Let stand an hour in a cold place, then drain well. Combine lemon juice or vinegar with milk, pour on cabbage and toss together with two forks until thoroughly blended. Keep cold until ready to serve. Shredded lettuce may be used in place of cabbage.

Kidney Bean Salad

50 One-half Cup Servings

- 1 gallon canned or cooked kidney beans
- 1½ quarts chopped sweet pickle
- 16 sliced hard cooked eggs
- 1 quart chopped celery
- 1 pint evaporated milk
- 1 cup vinegar

Combine beans, pickle, eggs and celery lightly with a fork. Mix milk and vinegar and add to salad. Vinegar drained from pickles may be used and improves the flavor of the salad. Chill thoroughly.

Lettuce with Hot Dressing*

50 Servings

- 1¼ pounds bacon
- 3 tablespoons plus 1 teaspoon salt
- ⅔ cup sugar (4 ounces)
- 3⅓ cups evaporated milk
- 2⅔ cups vinegar
- 7 pounds shredded lettuce

Cut bacon in small pieces and fry slowly until crisp. Remove bacon, leaving 1⅔ cups bacon fat. Add the salt, sugar and milk to the bacon fat, then the vinegar slowly, stirring constantly. Pour over the lettuce. Garnish lettuce with 10 sliced hard cooked eggs and the small pieces of cooked bacon.

Perfection Salad

50 Servings

- ½ cup gelatin (2 ounces)
- 3 quarts water
- 2 cups sugar (1 pound)
- 1⅓ cups lemon juice
- 1 teaspoon salt
- 1 quart chopped celery
- 1 quart shredded cabbage
- 1 quart chopped carrots

Soak gelatin in water. Dissolve over boiling water. Add sugar, lemon juice and salt. Add vegetables to the gelatin mixture. Cool until salad sets. Serve on crisp lettuce leaves with Cooked Salad Dressing or Eggless Mayonnaise (see page 48).

Potato Salad

50 Two-thirds Cup Servings

- 1½ gallons sliced or diced potatoes
- ¾ cup chopped onion
- 1½ quarts chopped cucumber
- 1 quart chopped crisp bacon
- 2¼ quarts Cooked Salad Dressing (see page 48)
- 2 dozen hard cooked eggs

The potatoes should be boiled or steamed in jackets. Peel and cut into ½ inch dice. Mix lightly with onion, cucumber, bacon and salad dressing. Let stand 1 hour in a cold place to season. When ready to serve, garnish with sliced hard cooked eggs.

Salmon Salad

50 One-half Cup Servings

- 1 gallon canned salmon (8 pounds)
- 2 quarts sliced celery
- 2⅔ cups sliced pickle
- 16 hard cooked eggs
- 1½ quarts Cooked Salad Dressing (see page 48)
- Lettuce

Drain salmon. Flake with a fork. Add celery, pickle, diced egg and salad dressing, tossing together lightly with two forks. Serve on crisp lettuce leaves.

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Salad Dressings

SALAD DRESSINGS are important in giving variety and added flavor to salads. The cream-like consistency of evaporated milk is especially suited to the preparation of salad dressings. The Eggless Mayonnaise is a good example—a mayonnaise of perfect "body," rich flavor and pleasing color. Evaporated milk soured with lemon juice or vinegar makes a good, easy to prepare and economical sour "cream" dressing.

Cooked Salad Dressing

3¾ QUARTS

¼ cup salt (2 ounces)
¼ cup dry mustard
½ teaspoon cayenne
1½ cups flour
1½ cups sugar
2 dozen egg yolks
1½ quarts evaporated milk
1½ quarts water
3 cups vinegar

Mix dry ingredients. Stir in egg yolks, then milk and water. Cook over boiling water until mixture thickens, stirring constantly. Remove from heat, cool and add vinegar. One dozen eggs may be used in place of 2 dozen egg yolks.

Eggless Mayonnaise

1¾ QUARTS

5 teaspoons sugar
1¼ teaspoons dry mustard
2½ teaspoons salt
1¼ teaspoons paprika
Dash of cayenne
Dash of pepper
1¼ cups cold evaporated milk
5 cups cold salad oil
5 tablespoons vinegar
5 tablespoons lemon juice
½ cup cold evaporated milk

Use confectioners sugar if available. Mix dry ingredients in a mixing bowl and add 1¼ cups evaporated milk. Beat vigorously. Add oil a little at a time, beating each addition thoroughly into the milk before adding the next. When mixture begins to thicken slightly, add vinegar and lemon juice alternately with oil, beating vigorously after each addition. Add the ½ cup milk and beat thoroughly.

Sour Cream Dressing

2½ QUARTS

3 tablespoons salt (1½ ounces)
1¾ cups vinegar or lemon juice
2 teaspoons dry mustard
2¼ quarts evaporated milk

Mix salt, vinegar and mustard. Stir slowly into milk just until well blended.

Sandwich Suggestions

1. Chopped hard cooked egg, pickle, celery or carrot with Cooked Salad Dressing (page 48) on buttered Oatmeal Bread (page 19).
2. Scrambled Eggs (page 38) with green pepper or chopped broiled bacon on buttered bread or buns.
3. Cheese Sauce (page 51) on rye bread.
4. Cream cheese and chopped olives moistened with evaporated milk on white bread.
5. Cream cheese or cottage cheese, or pot cheese, and jelly on Boston Brown Bread (page 16).
6. Peanut butter or ground peanuts, figs, dates or prunes moistened with evaporated milk on whole wheat or white bread.
7. Peanut butter mixed with evaporated milk on bread spread with butter. Sliced fresh tomatoes may be added.
8. Ground beef and pickle with Eggless Mayonnaise (page 48) on bread or bun.
9. Meat or sardines in Thick White Sauce (page 52) on buttered white bread.
10. Ground ham and carrots with Sour Cream Dressing (page 48) on buttered rye bread.
11. One-half cup ground cooked liver and ¼ cup chopped celery or pickle moistened with Cooked Salad Dressing (page 48) or evaporated milk.
12. Liver Loaf or patties (page 35) on buttered rye bread or buns.
13. Ground boiled veal and raw carrot and celery with Cooked Salad Dressing (page 48) on buttered bread.
14. Chopped beef or other left-over cooked meat and cabbage with Cooked Salad Dressing (page 48) on buttered white bread.
15. Sliced Meat Loaf or patties (page 37) on buttered whole wheat or white bread or buns.
16. Salmon, tuna or sardines or left-over cooked fish flaked and mixed with chopped celery or cabbage and Cooked Salad Dressing (page 48) on white or whole wheat bread.
17. Sliced Salmon Loaf or patties (page 40) on buttered bread or buns.
18. Codfish Balls (page 40) on buttered buns.
19. Sliced Bean Loaf (page 58) on Boston Brown Bread (page 16).
20. Chopped carrots, raisins or prunes and nuts with Cooked Salad Dressing (page 48) on buttered white bread, whole wheat or Oatmeal Bread (page 19).

Sauces

Sauces give distinction to the simplest dishes. They add flavor to bland foods and make dry dishes more palatable. Evaporated milk makes sauces satiny smooth and creamy and at the same time provides extra milk nutrients.

Butterscotch Sauce

1½ Quarts

- 4½ cups brown sugar (1½ pounds)
- 1 pint corn syrup
- 1½ cups water
- 1 pint evaporated milk

Boil sugar, syrup and water to a thick syrup (236° F.). Cool and stir in the milk. White corn syrup makes a more delicate sauce.

Chocolate Sauce

7½ Cups, 50 Servings

- 9 ounces bitter chocolate
- ¾ cup water
- 3 cups sugar (1½ pounds)
- 1½ cups white corn syrup
- 3 cups evaporated milk
- 1 tablespoon vanilla

Melt chocolate over hot water. Add water slowly, stirring until smooth. Add sugar and syrup. Boil to 234° F. (very soft ball when tested in cold water). Remove from heat, add milk and vanilla.

Peach Sauce†

46 Servings

- 2 tablespoons butter (1 ounce)
- ¼ cup brown sugar (1½ ounces)
- 2 egg yolks
- Juice from No. 10 can peaches
- Cinnamon

Combine ingredients and cook slowly until slightly thickened.

Hard Sauce

50 Servings

Cream ½ cup butter (¼ pound), add 1½ quarts confectioners sugar (2 pounds) and blend thoroughly. Add undiluted evaporated milk slowly until mixture is light and fluffy. About ½ cup milk will be necessary. Add 4 teaspoons vanilla. Keep cold until ready to serve.

†Mabelle S. Ehlers and Florence J. Atwood, Department of Institution Management, Michigan State College.

Plum Sauce*

36 Servings

3 cups plum juice
7 teaspoons cornstarch (¾ ounce)
1 cup water

Heat the plum juice to boiling. Combine cornstarch and water and add to boiling plum juice. Cook until slightly thickened.

Cheese Sauce

44 to 54 One-fourth Cup Servings

2 to 4 pounds American cheese
2 quarts evaporated milk

Four pounds cheese makes a thicker sauce of greater volume and flavor. Scald milk over boiling water. Add cheese, that has been cut into small pieces. Continue cooking until cheese is just melted, about 5 minutes. Stir to blend well. May be served on toast or over rice, spaghetti, macaroni, hard cooked eggs, or boiled vegetables, such as onions, green beans, cauliflower, broccoli, asparagus and potatoes.

Rarebit: Use 4 pounds cheese and add 2 teaspoons dry mustard or 4 teaspoons Worcestershire sauce.

Horseradish Sauce

½ Gallon, 50 Servings

1 cup butter (½ pound)
1 cup flour (¼ pound)
1 quart boiling water
1 quart evaporated milk
4 teaspoons salt
1½ cups horseradish

Melt butter, add flour. Blend well. Add water and boil until slightly thickened, then add milk and continue cooking until thickened. When ready to serve add salt and horseradish.

Mock Hollandaise Sauce

1½ Quarts, 50 Servings

½ cup butter (¼ pound)
1 cup flour (¼ pound)
1½ quarts evaporated milk
4 teaspoons salt
1 teaspoon pepper
Cayenne
16 egg yolks
1 pint butter (1 pound)
½ cup lemon juice

Prepare a white sauce of the ½ cup butter, the flour, milk, salt, pepper and cayenne. Remove from heat and stir in beaten egg yolks. Add the 1 pound butter bit by bit, then the lemon juice. May be served with fish, or is an excellent sauce for broccoli or asparagus.

*"Economics in Food—Quantity Recipes Using Evaporated Milk." M. Faith McAuley and Mary Adele Wood. The University of Chicago Press, 1934.

Tomato Sauce

60 One-fourth Cup Servings

3¾ quarts tomato juice
4 teaspoons onion juice
¾ cup butter or fat (6 ounces)
1⅛ cups flour (5⅛ ounces)
4 teaspoons salt
¼ cup sugar (2 ounces)

Heat tomato juice with onion juice or grated onion. Blend melted fat and flour to a smooth paste. Add tomato juice, salt and sugar. Cook slowly, stirring until thick. One gallon canned tomatoes may be strained and used in place of tomato juice.

Thin White Sauce

1 Gallon

¾ cup butter (6 ounces)
1 cup flour (¼ pound)
1½ tablespoons salt (¾ ounce)
¼ teaspoon pepper
½ gallon boiling water or broth
½ gallon evaporated milk

Melt butter. Add flour, salt and pepper, and mix thoroughly. Do not allow flour to brown. Add water and boil until smooth and thick, stirring constantly. Add milk and continue cooking until thickened, about 10 minutes.

Medium White Sauce (for creamed vegetables, meat and fish): Increase flour to 2 cups.

Thick White Sauce

(For Souffles and Croquettes)

1 Quart

¾ cup butter (6 ounces)
¾ cup flour (3 ounces)
2 teaspoons salt
⅛ teaspoon pepper
1 pint boiling water
1 pint evaporated milk

Prepare in the same manner as Thin White Sauce. Bacon or chicken fat may be used in place of butter for making white sauce.

Egg Sauce

48 One-fourth Cup Servings

¾ cup butter (6 ounces)
1 cup flour (4 ounces)
4½ cups boiling water
1¼ quarts evaporated milk
1 dozen egg yolks
6 tablespoons lemon juice

Prepare a white sauce of the butter, flour, water and milk. Blend beaten egg yolks with a little of the hot sauce, stir into sauce and cook 5 minutes longer. Remove from fire. When cool, add lemon juice. Beat 1 to 2 minutes. Serve with asparagus, broccoli, or fish.

Soups

THE CONCENTRATION and creamy consistency of evaporated milk produce cream soups which are always smooth, rich-flavored and nutritious. An evaporated milk cream soup is sufficiently high in food value to be the main course of the meal if desired. In making soups, add the evaporated milk just before serving. This saves stirring and prevents scorching, so that the use of a double boiler is not absolutely necessary.

Cream of Carrot Soup

50 ONE CUP SERVINGS

8 medium onions
1 cup butter or other fat (½ pound)
1 quart fine bread crumbs (¾ pound)
2 gallons water or chicken or meat broth
2⅔ tablespoons salt (1⅓ ounces)
Pepper
½ cup sugar (¼ pound)
1 gallon mashed cooked or canned carrots
½ gallon evaporated milk

Cook chopped onions slowly in butter 5 minutes, without browning. Add crumbs, broth, salt, pepper and sugar. Simmer 20 minutes. Add carrots and milk. Reheat and serve at once. Raw carrots may be put through food chopper or grated and cooked with the onions in the water or broth.

Fish Chowder

56 ONE CUP SERVINGS

10 pounds fish (about 1 gallon, diced)
5½ quarts hot fish stock
½ pound salt pork (1 cup, diced)
6 onions, sliced
3 tablespoons salt (1½ ounces)
1 teaspoon pepper
¼ cup flour (1 ounce)
3 quarts diced potatoes
3 quarts evaporated milk
1 dozen hard cooked eggs, chopped (may be omitted)

Halibut, haddock or cod are best. Remove bone and cut fish into small pieces. Cook head and back bone in 6 quarts boiling water 15 minutes. Strain. There should be 5½ quarts fish stock. Fry salt pork and onions in soup kettle until onions are slightly brown. Remove pork and onions and keep hot. Arrange layer of fish in bottom of kettle and sprinkle with salt, pepper and flour. Add a layer of potatoes, and then the onion and pork. Repeat. Add the fish stock and cook slowly without stirring until potatoes and fish are done, about 45 minutes. Add scalded milk. Garnish each serving with chopped egg.

Cream of Lima Bean Soup

50 One Cup Servings

- 2½ quarts dried lima beans (4 pounds)
- 2 gallons cold water
- 2 medium carrots, sliced
- 2 large onions, sliced
- 2½ tablespoons whole peppers
- 5 tablespoons salt
- 1¼ gallons evaporated milk

Wash beans, cover with water and soak for several hours. Drain. Add water and cook slowly until tender (about 1 hour). After cooking 30 minutes, add vegetables, whole peppers and salt. When beans are tender, rub through a sieve or mash. There should be 7½ quarts of pulp and liquid. If not, add water. Combine bean pulp and milk just before serving.

Oyster Stew

54 One Cup Servings

- 5 quarts evaporated milk
- 5½ quarts boiling water
- 1 onion
- Celery, tops and outside stalks from large bunch
- Parsley
- 2½ cups cracker crumbs
- 1 gallon oysters
- ½ cup butter (¼ pound)
- 2 tablespoons salt (1 ounce)
- 1 teaspoon paprika

Scald milk and water with onions, celery and parsley over boiling water about 15 minutes. Remove celery, onion and parsley and add cracker crumbs. Remove any bits of shells from oysters and heat in their own liquid until edges curl. When ready to serve, add oysters and liquid to milk with butter, salt, and paprika. Do not overcook the oysters.

Corn Chowder

50 One Cup Servings

- ⅔ pound salt pork
- 5 onions, sliced
- 3 quarts canned corn
- 2½ quarts diced potatoes
- 2 quarts raw or canned tomatoes
- 2 tablespoons salt (1 ounce)
- ⅓ cup sugar (2⅔ ounces)
- Pepper
- 5¼ quarts boiling water
- 1¼ quarts hot evaporated milk

Cut pork into small pieces and fry slowly to a golden brown in a large soup kettle. Add onion and cook slowly without browning, 5 minutes. Add corn, potatoes and tomatoes in alternate layers. Sprinkle with salt, sugar and pepper, then add water and cook slowly until potatoes are tender. Add milk when ready to serve. Chowder is generally served by pouring over pilot biscuit or cracker in soup bowl.

Cream of Corn Soup

48 One Cup Servings

- ¾ cup butter (6 ounces)
- 1½ cups finely chopped onion
- 3 cups green peppers cut in rings
- 1½ cups flour (6 ounces)
- 2 tablespoons salt (1 ounce)
- Cayenne
- 3 quarts boiling water
- 6 No. 2 cans corn or 1 No. 10 can
- 1¼ gallons evaporated milk

Cook onion and green pepper slowly in the butter for 5 minutes. Add flour, salt and cayenne. Stir to blend well. Add water slowly, then the corn and cook until thickened, stirring frequently. When ready to serve, add milk. Serve hot.

Peanut Butter Soup

50 Three-fourth Cup Servings

- 3 quarts evaporated milk
- 3 quarts celery stock
- 6 tablespoons flour (1½ ounces)
- 1 cup cold water
- 5¼ cups peanut butter (3 pounds)
- 2 quarts water

Combine and scald the milk and celery stock (made by cooking tops and green outside stalks). Mix flour and cold water and add to the scalded milk and celery stock. Boil until slightly thickened, about 5 minutes. Combine peanut butter and water. Add to the thickened celery-milk mixture. Salt to taste.

Cream of Tomato Soup

40 One Cup Servings

- 3 quarts evaporated milk
- 1 quart hot water
- 2 No. 10 cans concentrated tomato soup (1½ gallons)
- 2 teaspoons salt
- ½ teaspoon pepper

Mix milk and water in top of double boiler. Pour in the tomato soup, stirring to combine well. Add salt and pepper and heat over boiling water.

Cream of Celery Soup†

50 One Cup Servings

- 2 cups butter (1 pound)
- 1 quart flour (1 pound)
- ¼ cup salt (2 ounces)
- ¼ teaspoon pepper
- 1 gallon boiling water or meat broth
- 1 gallon evaporated milk
- 1 bundle or 2 quarts diced celery
- ½ pound onions, chopped

Prepare a white sauce of the first 6 ingredients. Parboil celery, celery tops and onions in about 1 gallon water. Press through a coarse sieve and add to the white sauce. The celery stock will add about 1 gallon of liquid to the white sauce.

†Mabelle S. Ehlers and Florence J. Atwood, Department of Institution Management, Michigan State College.

Cream of Tomato Soup

42 One Cup Servings

2 No. 10 cans tomatoes (6½ quarts)
1 small bunch parsley
1 teaspoon thyme
2½ bay leaves
1 tablespoon whole peppers
1 teaspoon cloves
1 onion, sliced
5 tablespoons sugar (2½ ounces)
4¾ quarts Thin White Sauce (see page 52)

Boil tomatoes with all the seasonings 5 minutes, then rub through a sieve. There should be 5¾ quarts liquid and pulp. If not, add water. Pour tomato mixture slowly into hot white sauce when ready to serve, stirring to blend well. If white sauce is made from milk diluted with an equal quantity of chicken or meat broth, a delicious variation results.

Cream of Mushroom Soup

9 Quarts, 50 Servings

3 pounds mushrooms
¾ cup minced onion
1¼ cups butter (10 ounces)
2 cups flour (½ pound)
1 gallon water or chicken or veal broth
1 gallon evaporated milk
2⅔ tablespoons salt (1⅓ ounces)
Pepper

Wash mushrooms. Separate stems and caps. Slice caps. There will be 1 gallon. Put stems through grinder. There will be 2½ cups packed. Cook onion and mushrooms slowly in the butter, about 15 minutes. Sift flour over mushrooms and blend thoroughly. Add hot water gradually, stirring constantly. When soup has thickened slightly, add milk, salt and pepper. Stir while heating, or heat over boiling water.

Cream of Vegetable Soup

50 One Cup Servings

1¾ quarts onion
2⅔ cups celery
2¾ quarts diced carrots
2½ quarts diced potatoes
1¾ quarts green beans
¼ cup salt (2 ounces)
1¾ gallons evaporated milk
2⅔ cups flour
1¾ quarts diced cooked meat
6 tablespoons butter or other fat (3 ounces)

Wash vegetables. Cut in ½ inch cubes. Cook with salt in enough water to cover (2 gallons) until tender. Drain and save liquid. There should be 3½ quarts. If not, make up with water. Blend flour with a little of the milk. Scald remaining milk with the vegetable liquid. Add the flour. Cook and stir until slightly thickened. Add vegetables and diced meat. Add butter just before serving.

Split Pea Soup

50 ONE CUP SERVINGS

- 4 pounds split peas, navy beans or lentils (about 2 quarts)
- 1¾ pounds trimmings from ham or ham hock, or bacon rind
- 4 onions
- Salt and pepper
- 3½ quarts evaporated milk

Pick split peas over carefully. Wash. Cover with water and soak several hours. Drain. Add 1¾ gallons boiling water, the ham, and the onion. Boil until peas are tender. There should be about 2¼ gallons pulp and liquid. Add milk, salt and pepper to taste. A few thin slices of frankfurter may be used as a garnish for each serving.

Potato Onion Soup

57 ONE CUP SERVINGS

- 24 large potatoes (7½ quarts diced)
- ¾ cup butter or other fat (6 ounces)
- 24 large onions, sliced thin (1 gallon)
- 1½ cups flour (6 ounces)
- 3¾ quarts evaporated milk and 3¾ quarts water from potatoes, mixed
- ¼ cup salt (2 ounces)
- Pepper

Boil potatoes in 7½ quarts water. Drain and mash. Save potato water. Melt butter or other fat in soup kettle. Add onions, cover and cook very slowly until onions begin to brown. Sift flour over onions, stir to blend well, then add diluted milk. Cook until slightly thickened, stirring frequently. Add mashed potatoes and seasonings and heat thoroughly.

Salmon Bisque*

40 ONE CUP SERVINGS

- 4½ quarts evaporated milk
- 1 gallon water
- 1½ cups flour (6 ounces)
- 2 cups water
- 3 pounds cooked or canned salmon
- 3 tablespoons salt (1½ ounces)
- ¾ teaspoon paprika
- 3 tablespoons lemon juice
- 1 cup butter (½ pound)

Scald milk and water. Mix flour and the 2 cups water to a smooth paste and stir in the scalded milk. Cook until slightly thickened. Remove skin and bones from salmon and separate into flakes. Add salt, paprika, lemon juice and butter. Add to sauce and heat just before serving.

*"Economics in Food—Quantity Recipes Using Evaporated Milk." M. Faith McAuley and Mary Adele Wood. The University of Chicago Press, 1934.

Vegetables

VEGETABLES have added nutritive value when prepared with milk, as in creaming or scalloping. When evaporated milk is used for creaming vegetables, it can be diluted with the liquids from cooked or canned vegetables—and thus saves flavor and valuable minerals and vitamins which otherwise might be lost. Vegetable dishes, such as Bean Loaf or Lima Beans Baked in Milk, are high in protein and can serve as main dishes.

Bean Loaf

50 SERVINGS

4½ quarts boiled navy beans
1½ quarts bread crumbs (¾ pound)
6 small onions, chopped
1 cup melted bacon fat
6 eggs
3 tablespoons salt (1½ ounces)
1½ quarts evaporated milk

Mash beans. Add other ingredients and stir to blend well. Pour into well greased baking pans. Bake in a moderate oven (375° F.) about 45 minutes. Serve with Tomato Sauce (see page 52).

Corn Pudding

50 SERVINGS

16 eggs
2⅔ tablespoons salt (1⅓ ounces)
13⅓ cups evaporated milk
3 tablespoons grated onion
1/16 teaspoon cayenne
1 gallon fresh or canned corn

Beat eggs. Add remaining ingredients. One quart chopped green peppers or grated cheese may be added. Pour into buttered, shallow baking dishes. Bake in a slow oven (325° F.) until firm, about 1 hour.

Cabbage with Bacon Sauce

50 ONE-HALF CUP SERVINGS

6 cabbage heads (12 pounds)
¼ cup salt (2 ounces)
2½ quarts Medium White Sauce (see page 52)
2 pounds bacon, cut in thin slices

Trim cabbage and cut coarsely. Cook rapidly in an open vessel in a large amount of boiling water to which salt has been added. Cooking requires 8 to 12 minutes. Broil bacon until delicately brown and crisp, then chop. Prepare white sauce, substituting bacon fat for butter. Add chopped bacon. Drain cabbage and add sauce.

Creamed Asparagus†

50 Servings

1½ cups butter (¾ pound)
1 cup flour (¼ pound)
1 teaspoon salt
1¼ quarts liquor from asparagus, or water
1¼ quarts evaporated milk
1 No. 10 can asparagus

Melt butter. Add flour and stir to blend well. Add salt. Stir in asparagus liquor slowly. Cook until slightly thickened, stirring constantly. Add milk and asparagus, and continue cooking over boiling water until sauce is thickened and asparagus hot.

Lima Beans Baked in Milk

50 One-half Cup Servings

2½ quarts dried lima beans (3¾ pounds)
1 tablespoon salt (½ ounce)
3 quarts water
½ cup butter or other fat (¼ pound)
⅔ cup chopped onion
2½ cups diced celery
3¾ cups evaporated milk
3¾ cups water

Soak lima beans in water overnight. Drain. Add salt and cook in the 3 quarts water until tender. Add melted butter, onion, celery, milk and water. Pour into shallow baking pan. Cover and bake in a slow oven (300° F.) 2 hours. Uncover the last half hour of baking.

Potatoes au Gratin

Prepare as for Scalloped Potatoes, adding one quart grated cheese with the flour and seasonings. If desired, lay strips of bacon over top of potatoes before baking.

Mashed Potatoes

50 One-half Cup Servings

50 medium-sized potatoes
3 gallons boiling water
¼ cup salt (2 ounces)
1 cup butter (½ pound)
2⅔ cups evaporated milk
2⅔ cups potato water

Pare potatoes and cook until tender in boiling water to which salt has been added, about 40 minutes. Drain and force through a potato ricer, or mash. Save potato water. Add butter, milk and potato water, and more salt if needed. Beat until white and fluffy. More milk may be needed. Pile lightly on a hot dish. Amount of butter may be reduced or omitted if more evaporated milk and less water is used.

†Mabelle S. Ehlers and Florence J. Atwood, Department of Institution Management, Michigan State College.

Creamed Potatoes

50 Servings

5½ quarts diced, cooked potatoes or 50 small whole new potatoes, cooked
3 quarts Medium White Sauce (see page 52)

Add potatoes to white sauce immediately after milk is stirred in. Continue cooking over boiling water until sauce is thickened and potatoes are hot.

Scalloped Potatoes

50 Servings

1 peck potatoes, sliced thin (8½ quarts)
½ cup butter (¼ pound)
1 cup flour (¼ pound)
5 tablespoons salt (2½ ounces)
Pepper
1½ quarts evaporated milk and
1½ quarts water, mixed

Place a layer of potatoes in a buttered baking dish. Dot with butter, sprinkle with flour, salt and pepper. Repeat. Pour diluted milk over all. Bake in a moderate oven (350° F.) until potatoes are tender, 45 minutes to 1 hour.

Sweet Potato Puff

50 One-half Cup Servings

30 large sweet potatoes
1 cup butter or other fat (½ pound)
3 cups evaporated milk
4 teaspoons salt
Pepper
½ cup sugar (¼ pound)

Scrub sweet potatoes. Boil in jackets until tender. Peel and mash. Add butter, milk, salt, pepper and sugar. Beat until creamy. Pile lightly into a greased baking dish and bake in a hot oven (400° F.) until brown.

Spinach in Cream

50 One-half Cup Servings

12 pounds raw spinach, or 1 No. 10 can
Evaporated milk
Salt and pepper

Wash spinach carefully to remove all grit. Cook in a covered kettle without water 10 minutes, stirring occasionally. Press spinach through a coarse sieve, or chop fine. Add about 1 cup undiluted evaporated milk to each quart of sieved spinach and heat. Season with salt and pepper. If canned spinach is used, drain off juice and chop fine. Spinach liquid may be used for soup.

Creamed Vegetables

50 One-half Cup Servings

Combine cooked vegetables in any proportion desired. For each gallon cooked vegetables use 2¼ quarts Medium White Sauce (see page 52).

Table for Cooking Vegetables

Approximately 50 One-half Cup Servings

VEGETABLE	AS PURCHASED	TIME OF COOKING	NOTE
Asparagus	8 pounds	15 to 25 minutes	Cut in 1 inch pieces before cooking
Young beets	10 pounds	35 to 60 minutes	Cook whole in jackets
Green beans	14 pounds	30 to 40 minutes	Cut or break into 1 inch pieces before cooking
Broccoli	15 pounds	10 to 15 minutes	
Cabbage	12 pounds	10 to 12 minutes	Chop coarsely before cooking
Carrots	14 pounds	20 to 30 minutes	Quarter or slice before cooking
Celery	15 stalks	20 to 30 minutes	Cut in ½ inch lengths before cooking
Chard or other greens	14 pounds	10 to 15 minutes	Chop after cooking
Onions	12 pounds	25 to 30 minutes	Cook whole
Parsnips	15 pounds	30 to 40 minutes	Dice before cooking
Peas	20 pounds	10 to 20 minutes	
Potatoes	15 pounds	20 to 25 minutes	Dice before cooking
Rutabagas	15 pounds	25 to 35 minutes	Dice before cooking
Spinach	15 pounds	5 to 8 minutes	Chop after cooking
Tomatoes	18 pounds	15 to 20 minutes	
Turnips	15 pounds	25 to 30 minutes	Dice before cooking
Sweet Potatoes	12 pounds	25 to 30 minutes	Cook in jackets

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